A CLOSET

FOR

Ladies and *Gentlewomen*,

OR

The Art of Preſerving, Conſerving, and Candying.

With the manner how to make divers kindes of Syrups, *and all kindes of* Banqueting-ſtufs: *Alſo divers Soveraign-* Medicines *and* Salvs.

Corrected, Amended, and much Enlarged, by adding a very uſefull-*Table* thereunto.

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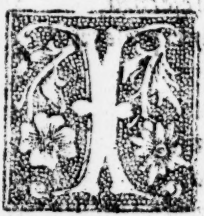
READER!



N this Table thou ſhalt very eaſily finde how every thing ſucceeds each other in this book, whether of *Preſerves*, of *Candyings*, of *Paſtes*, or of *Banqueting Conceits*, &c. by their ſeverall folioes.

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FINIS.

An especiall Note of Confectionarie.

To preserv Pippins, Red

TAKE your best colored Pippins, and pare them, then take a piercer, and bore a hole thorow them, then make Syrup for them, as much as will cover them, and so let them boyl in a broad preserving pan, put into them a piece of Cinnamon [illegible] let them boyle close covered [illegible] leisurely turning them very often; [illegible] if you turn the not very often, they will spot, and the one side will not be like the other, and let them thus boyle till they begin to gelly: then take

them up, and pot them, and you may keep them all the yeer.

To preserve Pippins, white.

TAke fair large Pippins, and after Candlemas pare them, and bore a hole thorow them, as you did for the red ones; then make a weake sirup for them, and so let them boyle till they be tender, then take them up, and boyle your sirup a little higher, then put them up in a Gally-pot, and let them stand all night, and the next morning the sirup will bee somwhat weaker; then boyle the sirup again to his full thickness, and so pot them, and you may keep them all the year. If you please to have them taste a pleasant taste, more then the naturall Pippin, put in one grain of musk and one drop of the Chymicall oyle of Cinamon, and that will make them taste a more pleasant taste.

To

To preſerv Pippins, green.

Take Pippins when they bee ſmall and green of the tree, and pare three or four of the worſt, and cut them all in pieces: then boyle them in a quart of fair water till they bee pap, then let the liquor com from them, as you doe from your Quodiniack into a baſon: then put into them one pound of Sugar clarified, and put into this as many green Pippins unpared as that liquor will cover, and ſo let them boyle ſoftly: and when you ſee they bee boyled as tender as a quodlin, then take them up, and pill off the overmoſt white skin, and then your pippins will bee green: then boyle them in your ſirup again till the ſirup bee thick: and ſo you may keep them all the year.

To preſerv Apricocks.

OF Apricocks take a pound and a pound of ſugar, and clarifie your ſugar with a pint of water, and put

it into a preserving pan, and put your Apricoks into it, and so let them boyl gently: and when they bee boyled enough, and your sirup thick, pot them, and so keep them. In like manner you may preserv a pear-plum.

To preserv Mirabolans or Malacadonians.

TAke your Malacadonians: stone them, and perboyl them in water; then pill off the outward skin of them; they will boyle as long as a piece of beef, and therefore you need not fear the breaking of them and when they be boyled tender, make sirup of them, and preserv them as you do any other things; and so you may keep them all the year.

To preserv Pomcitrons.

OF your Pomcitrons take one pound and an half, and cut them, som in halvs, som in quarters, and take the meat out of them, and boyl them

them tender in fair water; then take two pound of ſugar being clarified, and make ſirup for them, and let them boyl in ſirup a quarter of an hour very gently, then take them up, and let your ſirup boyl till it bee thick; and then put it into your Pomcitrons, and you may keep them all the yeer. if you pleaſe, you may pare ſom of them, for ſom delight them in the skin; & and ſom pared.

To preſerve Cherries.

OF the beſt and faireſt Cherries take ſom two pound, and with a pair of ſheers clip off their ſtalks by the midſt; then waſh them clean, and beware you bruiſe them not; then take of fine barberie ſugar; and ſet it over the fire, with a quart of fair water in the broadeſt veſſell you can get, and let it ſeeth till it bee ſomwhat thick, then put in your Cherries, and ſtir them together with a ſilver ſpoon, and ſo let them boyl, alwayes ſcumming and turning them

very gently, that the one side may bee like the other, untill they be enough: the which to know, you must take up som of the sirup with one cherry, and so let it cool: and if it will scarce run out, it is enough: and thus, being cold, you may put them up and keep them all the year.

To preserv Red rose leaves.

OF the leaves of the fairest buds take half a pound: sift them clean from seeds; then take a quart of fair water, and put it in an earthen pipkin and set it over the fire untill it bee scalding hot; and then take a good many of other red rose leavs, and put them into the scalding water, untill they begin to look white, and then strain them: and thus do untill the water look very red. Then take a pound of refined Sugar, and beat it fine & put into the liquor, with half a pound of Rose-leavs, and let them seeth toge ther till they bee enough: the which to know, is by taking som

of

of them up in a ſpoon, as you doe your Cherries; and ſo, when they bee thorow cold put them up, and keep them very cloſe.

To preſerve Oranges and Lemmons.

Take your Oranges and Lemmons large and well coloured and take a raſp of ſteel, and raſp the outward rinde from them: then lay them in water three dayes and three nights: then boyle them tender, and ſhift them in the boyling, to take away their bitterneſs: and when they bee boyled tenderly, take two pound of ſugar clariſied with a pint of water; and when your ſirup is made, and betwixt hot and cold, put in your Lemmons and Oranges, and there let them bee infuſed all night: the next morning, let them boyl two or three walms in your ſirup: let the not boil too long in the ſugar, becauſ the rinds will bee tough, take your Lemmons out, and boyle your ſirup thicker, and ſo when

it is cold, put them up, and keep them all the year.

To preserve Quinces.

OF your Quinces take a pound; core them, and then perboyl them and pill off the outermost white skin, and then weigh them, and put into them clarified sugar one pound, and then boyl them closely covered upon a very gentle fire, putting unto them a stick or two of good Cinnamon cut into small pieces, and so stir them continually, that they may bee well coloured on every side, and when the sirup is com to the height of a perfect gelly, take them of the fire, and so keep them, for the higher your sirup is, the better will your Quinces keep.

To preserve Peaches.

OF your fairest and best coloured Peaches, take a pound and with a wet linnen cloth wipe off the white hoar of them, then parboyl them in

in half a pint of white Wine, and a pint and a half of Running water, and being perboyled, pill off the white skins of them, and then weigh them, take to your pound of Peaches, three quarters of a pound of refined *Sugar*, and diſſolv it in a quarter of a pinte of white Wine, and boyl it almoſt to the height of a ſirup, and then put in your Peaces, and let them boyl in the ſirup a quarter of an hour or more, if need ſhould require and then put them up and keep them all the year.

To preſerv Eringo roots.

TAke your Eringo roots, fair and and not knotty, one pound, and waſh them clean; and when they be waſhed, ſet them on the fire, and boyl them very tender, pill off the outtermoſt skin of them, but ſee you break them not, and as you pare them, put them into cold water, and let them all remain there till all bee finiſhed, and then you muſt take to every pound of

roots, three quarters of a pound of clarified ſugar, and boyle it almoſt unto the height of a ſirup; and then put in your roots, but look that they boyle very gently together, with as little ſtirring as may bee, for fear of breaking, untill they bee enough, and when they bee cold, put them up, and ſo keep them.

To preſerve Barberies.

TAke your Barberries very fair and well colured, and pick out every ſtone of them, and then weigh them, and to every ounce of Barberries, you muſt take three ounces of hard ſugar, and with half an ounce of the pulp of Barberries, & one ounce of Red roſe water, you muſt diſſolv your ſugar, and then boyle it to a ſirup; being ſo boyled, put in your Barberries, and let them boyle a quarter of an hour, and then take them up, & as ſoon as they begin to wax cool, put them up, and they will keep their colour all the year.

To

To preserve Gooſberries.

YOu muſt take your large Berries, but not thorowly ripe, and pick off all the ſtalks from them, and waſh them clean: take a pound of them and ſet them on the fire till they bee hot; and then take them off, and let the liquor run from them; then take ten ounces of hard ſugar, and four ounces of ſugar-candy. and clarifie it with a pint of water, and the white of an egge, & boyle it to a thick ſirup; and then put in your Gooſeberries, & let them boyle a walm or two; and ſo betwixt hot and cold put them up, and keep them all the year.

To preserve Damſons.

TAke of your Damſons large and well coloured, but not through ripe (for then they will break) and pick them clean, and wipe them one by one; then weigh them, and to every pound of Damſons, you muſt take a pound of Barberry-ſugar, white and

and good diſſolved in half a pint or more of water: boil it almoſt to the height of a ſirup, and then put in your Damſons, keeping them with continuall ſcumming and ſtirring, and that with a ſilver ſpoon, and ſo let them boil untill they bee enough, upon a gentle fire: and when they bee enough, take them up and keep them all the year.

To preſerve Raſpices.

TAke of your faireſt and well coloured Raſpices, and pick off their ſtalks very clean, then waſh them, but in any caſe ſee that you bruiſe them not, then weigh them, and to every pound of Raſpices, you muſt take ſix ounces of hard ſugar, and ſix ounces of ſugar candy, and clarifie it with half a pinte of fair water and foure ounces of juice of Raſpices: being clarified, boil it to a weak ſirup, and then put in your Raſpices, ſtirring them up and down, and ſo let them boil till they bee enough, that is, uſing

uſing them as your cherries, and ſo you may keep them all the year.

To preſerv Enula Campana roots

TAke of your Enula Campana roots and waſh them: ſcrape them very clean, and cut them thin to the pith, the length of your little finger: and as you cut them, put them in water, & let them lie in water thirty day's, ſhifting twice every day, to take away the bitterneſs; weigh them, and to every pound of roots, you muſt take twelv ounces of clarified ſugar, firſt boyling your roots as tender as a Chickin, and put them into your clarified ſugar, and let them boyl upon a gentle fire until they bee enough, and let them ſtand off the fire a good while, and betwixt hot and cold put them up to your uſe.

To preſerv Saterion roots.

TAke your Saterion roots, and pick out the fair ones and keep them by themſelvs: then waſh them and

and boyle them upon a gentle fire as tender as a Quodlin, then take them off, and pare off the blackeſt skin of them, and put them as you pare them into fair water, and ſo let them remain one night, and then weigh them, and to every pound of roots you muſt take eleven ounces of clarified ſugar, and boyle it almoſt to the height of a ſirup, and then put in your roots: but take heed they boyle not too long, for then they will grow hard and tough: and therefore when they bee boyled enough, take them off, and ſet them a cooling, and ſo keep them according to the reſt

Here end the preſervatives.

To make manus Chriſti.

OF refined ſugar take half a pound and ſom Roſe-water, and boyl them together till it com to ſugar againe: then ſtir it about while it bee ſomwhat cold: then take your leaf-gold, and mingle with it: then caſt it according

according to art, that is, in round gobbets, and so keep them.

To candy ginger.

TAke very fair and large Ginger, and pare it, and then lay it in water a day and a night; then take your double refined sugar, and boile it to the height of sugar again: then when your sugar beginneth to bee cold, take your Ginger, and stir it well about while your sugar is hard to the pan: then take it out race by race, and lay it by the fire four hours: then take a por, and warm it, and put the Ginger in it: then tye it very close, and every second morning stir it about roundly, and it will be rock-candied in a very short space.

To preserv Rose-leavs, as naturally as if they grew upon the tree.

TAke of the fairest Rose-leavs, red or damask, and on a Sunshine day sprinkle them with Rose-water and lay them one by one, upon fair

fair paper: then take some double refined sugar, and beat it very fine, and put it in a fine lawn searce, when you have laid abroad all the rose-leavs in the hottest of the Sun, searce sugar thinly all over them, then anon the sun will candy the sugar, then turn the leavs, and searce the sugar on the other side, and turn them often in the Sun, sometimes sprinckling rose water, and sometimes searceing sugar on them until they bee enough, and com to your likeing, and being thus don, you may keep them.

To candy Marigolds in wedges the Spanish fashion.

TAke of the fair yellow Marigold flowers two ounces, and shred them, and drie them before the fire: then take four ounces of Sugar, & boil it to the height of *Manus Christi*, then pour it upon a wet Preplate, and betwixt hot and cold, cut it into wedges, then lay them on a sheet of white paper, and put them in a stove.

To

To candy all manner of flowers in their naturall colours.

TAke the flowers with the ſtalks, and waſh them over with a little Roſe-water, wherein Gum-arabeck is diſſolved; then take fine ſcarced ſugar, & duſt over them, and ſet them a drying on the bottom of a ſive in an Oven, & they will gliſter as if it were Sugar-candy.

To candy all manner of flowers, fruits, and ſpices, the clear rock candy.

TAke two pound of barberie Sugar great grained, clarified with the whites of two Eggs, and boil it almoſt as high as for *Manus Chriſti*: then put it into a pipkin that is not very rough, then put in your flowers, fruit and Spices, and ſo put your pipkin into a Still, and make a ſmall fire of ſmall coles under it; & in the ſpace of twelv daies it wil bee rock-candied.

To

To candy Eringo roots.

TAke of your Eringo roots ready to bee preſerved, and weigh them, and to every pound of your roots, you muſt take of the pureſt ſugar you can get two pound, and clarifie it with the whites of Eggs exceeding well, that it may bee as clear as Chryſtall, for then it will bee very commendable: it being clarified, you muſt boyl it to the height of *Manus Chriſti*, and then dip in your roots two or three at once, til they be all candied, and ſo put them in a Stove, and keep them all the year.

To candy Enula Campana.

TAke of your faireſt Enula Campana roots, and take them clean from the ſirup, and waſh the ſugar off them and drie them again with a linnen cloth; then weigh them, and to every pound of roots you muſt take a pound and three quarters of ſugar: clarifie it well, and boyl it to the height of *Manus Chriſti*, and when it is

ſo

ſo boyled, dip in your roots, three or foure at once, and they will candy very well; and ſo ſtove them and keep them all the year.

To candy violet Flowers.

TAke of your Violet flowers that are good and new, and well coloured, and weigh them: to every ounce of your violet flowers you muſt take four ounces of refined ſugar, which is very white and fair grained, and diſſolv it in two ounces of fair running water and ſo boyl it till it com to ſugar again; but you muſt ſcum it often, leaſt it be not clear enough: and when it is boyled to ſugar again, then take it off and let it cool and then put in your violet flowers, ſtirring them together till the ſugar grow hard to the pan: this don, put them into a box, and keep them in a ſtove.

To candy Gooseberies.

TAke of your faireſt berries, but they muſt not bee too ripe, for then they will not bee ſo good, & with a linnen cloth wipe them very clean, and pick off all the ſtalks from them and weigh them: and to every ounce of berries, you muſt take two ounces of ſugar & half an ounce of ſugar candy, and diſſolv them in an ounce or two of Roſe-water, and ſo boyl them up to the height of *Manus Chriſti*; and when it is com to his perfe & height, let it cool, and put in your berries, for if you put them in hot, they will ſhrink, & ſo ſtir them in round with a wooden Spatter till they be candied; and thus put them up and keep them.

To candy Roſemary flowers.

TAke of your Roſemary flowers ready pickt, and weigh them; to every ounce of flowers you muſt take two ounces of hard ſugar, and one ounce

ounce of Sugar Candy, and diſſolv them in Roſemary-flower-water, and boil them till they com to ſugar again: which don, put in your Roſemary flowers when your ſugar is almoſt cold, and ſo ſtir them together till they bee enough, and then take them out, and put them in a box, and keep them to your uſe in your ſtove.

To candy Borage Flowers.

TAke your flowers, and pick them verie clean, and weigh them, and uſe them in every reſpect as you did your Roſemary flowers, ſave this; that when they bee candied, you muſt ſet them in a ſtill, and ſo keep them in a ſheet of white paper, putting every day a chaffindiſh of coles into your ſtill, and it will bee candied very excellently, and that in a ſhort ſpace.

Here end the ſorts of candying.

To make Paste of pippins, the Geneva fashion, som with leavs, som like Plums, with stalks and stones in them,

TAke your pippins, & pare them and cut them in quarters, then boyl them in fair water till they bee tender then strain them and drie the pulp upon a chaffingdish of coles, then weigh it, and take as much sugar as it weigheth, and boyl it to *Manus Christi*, and put them together, then fashion them upon a pie-plate and put it into an Oven being verie sleightly heat, the next Morning you may turn it, and put them off the plates upon sheets of paper upon a hurdle, and so put them into an Oven of like heat, and there let them remain four or five dayes, putting every day a Chaffingdish of coles into an oven: and when they be thorow drie you may box them, and keep them all the year.

To

To make paſte of Eglantine, of the colour of red Corall.

TAke your Eglantine Berries, otherwiſe called Hips, and ſtamp them in a mortar with Gumdragagant and Roſe water: then ſtrain it thorow a ſtrainer; then take half a pound of refined ſugar beaten, and ſearced, & work it up into paſte with this ſtraining: then print it with your moulds, then ſtove it and then gild them.

To make Paſte Roiall-white.

TAke a pound of refined ſugar beaten and ſearced and put into an Alablaſter Mortar, with an ounce of Gumdragagant, ſteeped in Roſe water: and if you ſee your paſte bee too weak, put in more ſugar; if too dry, more Gumme, with a drop or two of oyle of Cinnamon, ſo that you never deceiv your ſelf, to ſtand upon quantities: beat it into perfect paſte, and then you may print it with your moulds. and when it is dry, gild it, and ſo keep them.

To

To make paste-royal in Spices.

TAke of Cinnamon and Ginger, of each a like quantity beeing finely searced: mingle it with your searced sugar and gum Dragagant steeped in Rose-water; and work it into paste, as you may turn it upon sticks made of pieces of Arrows, and make them hollow like Cinamon sticks: in like sort you may make it taste of what spices you pleas.

To make Paste of Genua the true way.

TAke two pound of pulp of Quinces, and as much of Peaches, and strain it, and drie it in a pewter platter upon a chaffindish of Coals: then weigh it, and take as much sugar as it weigheth, and boil it to the height of *Manus Christi*, and then put them together, and so fashion it upon a Pie-plate, and drie it in an Oven with a chaffindish of coles, untill it be thorough drie: and then if it pleas you, you may spot them with gold.

To

To make Paſte of Violets.

YOU muſt take of your Violets that are ready picked, and bruiſ them in an Alablaſter or Marble mortar, and wring the juice from them into a Porringer, and put as much hard ſugar in fine powder, as that juice will cover: dry it, and powder it again and then take as much Gum-dragagant ſteeped in Roſe-water, as will bring this ſugar into perfect Paſte: when it is perfect, take it up, & print it with your molds, & ſo dry it in your ſtove, & not by the fire, for fear of danger, & when it is dry, gild it. It is a fine banqueting conceit.

To make Paſte of Gooſberries.

TAke of your Goosberries, and cut them one by one, and wring the juice from them, till you have gotten ſo much as you think will ſerv your turn: boil your juice a little, that it may be thicker: then take as much double refine ſugar as your juice will

ſharpen and drie it as you did for Violets; & being dry, beat it verie fine, and take as much Gumdragagant ſteeped in red roſewater, as will ſerv and beat it into perfect Paſte in an Alablaſter Morter, and then take it up, and print it with your molds, uſing it in everie reſpect as your paſte of violets. This is excellent good for one that hath a weak ſtomack.

Here begin Banqueting-Conceits, as Marmelade, Quodiniack, and ſuch like.

To make Muſkadine-comfits.

TAke half a pound of Musk ſugar beaten and ſearced: then take Gumdragagant ſteeped in Roſe water, and two grains of Musk, and ſo beat them in an Alablaſter Mortar till it come to perfect Paſte: thē drive it very thin

thin with a rowling pin, and then cut it into ſmall pieces like diamonds, ſom cut with a rowl-ſpoon on the ſides: beeing thus cut, ſtove them, and ſo keep them all the yeer.

To make diocitonium ſimplex of quinces.

TAke of your Quinces, and part them, and cut them in pieces, and boyl a pound of theſe pieces in a quart of fair water, till they be very ſoft: then let the liquor run from thē, take a pound of ſugar Candy & beat it fine, and put it into that liquor, and let it ſeeth till you ſee it ſtand like gelly, then take it from the fire, & put therein four drops of oyl of Cinnamon & Nutmegs, and then put in five and twenty leavs of fine gold, and ſtir it together, and ſo put it in fine Cryſtal Glaſſes, and keep it all the yeer.

To make the Criſtal Gelly.

TAke a knuckle of Veal, and four Calvs feet, and ſet them on the fire with a gallon of fair wa-

ter, and when the fleſh is boiled tender, take it out; thenlet the liquor ſtand ſtill untill it bee cold, then take away the top and the bottom of that liquor, and put the reſt into a clean Pipkin, and put into it one pound of clarified Sugar, four or five drops of Oyl of Cinnamon and Nutmegs, a grain of Muſk, and ſo let it boyl a quarter of an hour leiſurely on the fire, then let it run thorow a gelly bag into a baſon, with the whites of 2 egs beaten; & when it is cold, you may cut it into lumps with a ſpoon, & ſo ſerv three or four lumps upon a plate.

To make white Leach of Cream.

TAke a pinte of ſweet cream, and ſix ſpoonfuls of Roſe water, and two grains of Muſk, two drops of oil of Mace, or one piece of large Mace, and ſo let it boil with four ounces of Iſing glaſs: then let it run down thorow a gelly bag: when it is cold, ſlice it like brawn, ſerv it out. This is the beſt way to make Leach.

To make a wallnut, that when you crack it, you ſhall finde Biskets & Carrowais in it, or a pretty poſie written.

TAke a piece of your paſte-royal white, beeing beaten with Gumdragagant, & mixed with a little fine ſearced Cinnamon, which will bring your paſte in a Wallnut ſhell colour: then drive it thin, and cut it into two pieces & put the one piece into the one half of your mold, and the other into the other, then put what you pleaſ into the nut, and cloſe the mold together, and make three or four Walnuts.

To make Quodiniack of Plums.

TAke two pound of Plums, and put them into a Poſnet with a pound and a half of Braſil ſugar, clarified with a pint of fair water, & let it boil till the plums break; then take it off, & let your liquid ſubſtance run thorow a ſtrainer, and then put it a gain into the Poſnet, and ſo let it

boyl till it com to its thicknefs, and then print it with your molds on what faſhion you pleaſ.

To make Biſkettello.

TAke two ounces of verie fine ſugar, beaten and ſearced, and put into it half a ſpoonful of Amidum that is, white ſtarch; a grain of Musk, then beat it into perfect Paſte, with Gumdragagant ſteeped in Roſewater then make it into little pretty loavs the faſhion of Manchets, and ſo put a Wafer in the bottom of everie one of them, and bake them in a baking pan, but take heed your pan bee not hot and ſo ſpeck them with gold, and ſo box them. It is a verie fine banqueting conceit.

A ſpecial ſweet water to perfume clothes in the folding beeing waſhed.

TAke a quart of Damaſk Roſe water and put it into a glaſs, put unto it a handful of Lavender flowers, two ounces of Orris, a dram of Musk,

Musk, the weight of four-pence of Amber-greece, as much Civet, four drops of oyl of Cloves; ſtop this cloſe, and ſet in the Sun a fortnight: put one ſpoonful of this water into a baſon of common water, and put it into a glaſs, and ſo ſprinkle your cloths therewith in your folding: the dregs left in the bottom (when the water is ſpent) will make as much more, if you keep them and put freſh Roſe-water to it.

To make Moſs-Powder.

OF the Moſs of a ſweet Apple-tree take two pound, gathered between the two Lady-daies, and infuſe in a quart of Damask-Roſe water twenty four hours: then take it out and dry it in an Oven upon a ſiv's bottom, and beat it to powder: put to it an ounce of Lignum Aloes beaten and ſearced, 2 ounces of Orries, a dram of Musk, half a dram of Amber greece, a quarter of a dram of Civet: put all theſe into a hot mor-

ter and pestle, and beat them toge-ther, and search them thorow a court hair-search, and put it into a bag, and lay it among your clothes.

To make Aromaticum Lozenges.

OF fine sugar take half a pound; boil it with red Rose-water untill it com to the height of Lozenges; and in the cooling, put in of the spices of Aromaticum-Rosarum, four drams, with a little Confectio-Alchermes, & so make them into Lozenges, gilding them first, and then cut them square with a knife for that purpose; and when you gild them, if your gilding will not stick on, wet them gently with a little Rose-water, but not too much in anie case.

To make a March pane, to ice it, and garnish it after the Art of Comfit-making.

YOu must take two pound of small Almonds blanched, & beaten into perfect paste, with a pound of

of ſugar finely ſearced, putting now and then a ſpoonful or two of Roſe-water, to keep it from oyling; and when it is beaten to perfect paſte, rowl it thin; and cut it round by a Charger; then ſet an edg on it as you do on a Tart; then dry it in an Oven or a baking pan; then ice it with roſe water and ſugar, made as thick as batter for Fritters, when it is iced, garniſh it with conceits, & ſtick long Comfits in it, and ſo gild it, & ſerv it.

To make all ſorts of Banqueting Conceits of March pane-ſtuff, ſom like Pies, Birds, Baskets, and ſuch like, and ſom to print with molds.

YOu muſt take a pound of Almond paſte made for the March-pane, and dry it in a chaffndiſh of coals, till you ſee it wax white: then you may print ſom with molds and make ſom with hands, and ſo gild them; then ſtove them, and you may keep them all the yeer. They bee

excellent good to pleas children.

To make all kinde of Birds and Beasts to stand on their legs in casting work.

YOu must take Barbary sugar, clarifie it, & boyl it to the height of *Manus Christi*: then pour it into your moulds, they beeing seasoned as for your Quodiniack: let them stand a quarter of an hour, and they will be cold; and then you may take them out and gild them.

To cast all manner of fruitage hollow, inturned work, and put them in their colours, as Orenges, Lemmons, and the like.

YOu must take your sugar beeing boyled to the height of *Manus Christi*, and put it into your Alablaster molds, beeing made of three peeces; turn it round about in your hand, while it is hot; and when it is cold take it out, & put them into their natural colour.

To

To make Prince Bisket-bread.

OF verie fine flower take a pound, as much ſugar thorowly ſearced, 1 ounce of Anifeeds clean pickt: take eight Eggs, and a ſpoonful of Muskadine: and beat all into batter as thick as for Fritters: beat it thus in a boul one hour; then put it into your coffins of plate, or frames of wood, and ſet it in an Oven, and let it remain there one hour. You may ſlice ſom of them when they be a day old, and drie them again upon a hurdle of Wicker: you may alſo take one of your leavs & waſh it over with the yelk of an Egg beaten with a little Roſe-water, and while it is green, caſt Biskets and Carrowaies on it, and a little white Candy, & it will ſhew as if did hail on it; then ſpot them with gold, and give it to whom you pleaſ.

To make usuall Bisket sold at Comfit-makers.

OF flower take a a peck, and four ounces of Coriander-seed, one ounce of Anniseed, take three Eggs, three spoonfuls of Ale-yest, and as much warm water as will make it as thick as paste for Manchets; make it in a long rowl, and bake it in an Oven one hour; and when it is a day old, pare it, and slice it, sugar it with searced sugar, and put it again it into the Oven; and when it is dry, take it out, and new sugar it again, and box it and keep it.

To make an especial sweet Powder for sweet Bags.

OF the purest Orrise take one pound; Red and Damask Rose-leavs, of each two ounces, of Cloves three drams, Coriander-seed one dram, Cyprus and Calamus of each half an ounce, Benzoin and Storax of each three drams; beat them all

all ſave the Benzoin and Storax, and powder them by themſelvs, and mix it with reſt of the powder; then take of Musk & Civet, of each twenty grains, Amber-greece ten grains, mix theſe with a little of the foreſaid powder, with a warm Peſtle, and ſo by little & little you may mix it with all the reſt. and ſo with Roſe-leavs dried you may put it into your ſweet Bagge, and ſo keep them ſeven years.

To make an excellent Marmelade, which was given to Queen Mary *for a New-years gift.*

OF ſugar take a pound and an half, boil il with a pint of fair water till it com to the height of *Manus Chriſti*; then take three or four ſmall Quinces, one good Oringe pill, both verie well preſerved and finely beaten, and three ounces of Almonds blanched, and beaten by themſelvs, Eringo roots preſerved two ounces and an half, ſtir theſe with the ſugar till it will not ſtick; and then

at

at the last, put in of Musk and Amber dissolved in Rose-water, of each four grains; of Cinnamon, Ginger, Cloves and Mace, of each three drams, of oyl of Cinnamon 2 drops: this beeing don, put it into your Marmelade boxes, and so present it to Whom you pleas.

To make another sort of Marmelade very comfortable for any Lord or Lady whatsoever.

OF the purest green-Ginger take six drams; of Eringo and Saterion roots, of each an ounce & an half; beat these very finely, & draw them with a silver spoon thorow a hair-searce; take of Nut kernels & Almonds blanched, of each an ounce; Cocks stones half an ounce, all steeped in Hony twelv hours, and then boiled in Milk, and beaten and mixed with the rest; then powder the seeds of red Nettels, of Rocks, of each one dram; Plantane seeds half a dram; of the bellie and back of a Fish called

Sincus.

Sincus-Marinus three drams; of Diaſaterion four ounces; of Cantarides add a dram; beat theſe verie finely & with the other powder mix it: & ſo with a pound of fine ſugar diſſolved in Roſe-water, & boyled in ſugar again, mingle the powder & all the reſt of the things, putting in of leaf gold ſix leavs; of Pearl prepared 2 drams, oyl of Cinnamon ſix drops; and being thus don, and well dried, put it up in your Marmelade boxes and gild it, and ſo uſe it at your pleaſure.

To make a blanch for anie Ladies face.

OF white Tartar take two drams, Camphire one dram, Coperas half a dram, the white of four Eggs, juice of two Lemmons, oyl of Tartar, four ounces, Plantane water as much, white Mercury a penyworth, bitter Almonds 2 ounces, all muſt be powdred and mixed with the oyl and water, & then boyled upon a gemle fire, and ſtrain it, and ſo keep it: the party muſt rub her face with a ſcarlet cloath,

cloath, and then over night wash her with it, and in the morning wash it off with Bran and White-wine.

To make printed Quodiniacks of Quinces a ruby colour.

OF Quinces pared take two pound, and cut them in small pieces, and put them into a Posnet with three pints of fair water, and so let them boyl till they bee tender; then put into them a pound of sugar, and let it boyl till the fruit fall to the bottom of the Pan: let the liquor run thorow a strainer into a Bason, and put it into a fair Posnet, and let it boyl till it com to his colour and thickness; then print it with your molds. And you shall know when it is readie to print, by roling a little up: on the back of the spoon, and if you see it will stand and not run down, print it. In like sort you may make your Quodiniack of Pippins; your pippins will hold all the yeer.

To make Quodiniack of Raſpices, or Engliſh Currance.

TAke Raſpices ripe and well coloured, and put them in a diſh, & put to them four ſpoonfuls of Roſwater, & mix them together with the back of a ſpoon; then wring the liquid ſubſtance thorow a linnen cloth: ſeaſon it by your mouth with ſugar till it bee ſweet enough: then boyl it upon a Chaffindiſh of coals in a diſh till it bee ready to print; then print it in your molds, & box it, and keep them. Your molds muſt ly in water one night before you uſe them: and an hour before you print with them, take them out of the water.

Here end the conceits of Banqueting.

CORDIAL WATERS.

Aqua Cœleſtis.

OF Cinnamon take ſix ounces, Cloves one dram, Nutmegs one

one dram and a half, of Ginger two drams and a half, of Gallingale one dram and a half, Cubebs two drams, Callamus roots one dram, all bruised and kept in a paper: then take of Bittony and sage flowers, of each a handfull; Marjoram, Penniroyal, of each half a handful, bruised likewise: then take of these powders, of Aromaticum Rosarum three drams; Diambræ, Diamargariton-frigidum, Diomoscū-dulce, of each a dram and a half. you must put all these into a gallon of spirit of Wine & steep them three daies and three nights, shaking them well every day; and then distill it in your Limbecks; and when it is distilled, you must hang half an ounce of yellow Sanders, and twenty grains of Musk and Amber in it.

To make Cinnamon-water.

OF the best Cinnamon you can get take one pound; bruis it well, and put it into a gallon of the best Sack, and infuse it three daies and

and three nights, and then distil it as your Aqua Cœlestis.

To make Doctor Stevens *water.*

OF Rose leavs take one dram Borage, Bugloss, Violets, and Rosemary-flowers, of each a dram and a half; Spikenard a dram, Cinnamon two ounces, Ginger an ounce, Cloves and Nutmegs of each half an ounce, Cardamons a dram & a half, Gallingale two drams, Cubebs a dram, Pepper three drams, Anniseeds, Carroway-seeds & fennel-seeds, of each an ounce, Lignum-Aloës half a dram, Coral & Pearl in fine powder of each one dram; bruis these and put them in a boul of Aqua vitæ, and a quart of Sack, using it in every respect as your Aqua Cœlestis

To make Balm water.

TAke Balm dry, three ounces; Time, Penniroyal, of each, one ounce, Cinnamon four ounces, a dram of Cardomus, Grains half an ounce,

sweet

sweet Fennel-seeds an ounce, Nutmegs and Ginger of each a dram, Gallingale one ounce; Calamus, Cyprus, Cubebs and Pepper, of each 2 drams, of Caper roots half a dram, of Dipramus one dram, bruise these things, & put them to pottle of Sack, and steep them twenty four hours, and then use it as the former waters.

Angelica-water,

OF Carduus take and dry a hand full, Angelica-roots three ounces, of Myrch one dram, Nutmegs half an ounce; Cinnamon, Ginger, of each four ounces, Saffron one dram and an half, Cardamons, Cubebs, Gallingale and Pepper, of each a quarter of an ounce, Mace two drams, Grains one dram; Lignum-Aloës, Spikenard, Juncus Odoratus, of each a dram; Sage, Borage Bugloss. Violets, and Rosemary-flowers, of each half a handful, bruise these, and steep them in a pottle of Sack twelv hours, and distil it as the rest.

Rosa

Rosa Solis.

TAke Liquorice eight ounces, Aniseeds, Carroway, of each an ounce; Raisons stoned, Dates, of each three ounces, Nutmegs, Ginger, Cinnamon, Mace, of each half an ounce, Gallingale a quarter of an ounce, Cubebs one dram, Figs two ounces, Sugar four ounces: bruise these, and distill it with a gallon of Aqua vitæ, as the rest: but when it is distilled, you must colour it with the herb Rosa-solis, or else Alkanet-root.

Wormwood Water.

TAke of Worm-wood two ounces and a half, Sage, Bittony and Rue, of each half a handfull, Rosemary-tops, a handful, Cinnamon 3 ounces, Nutmegs half an ounce, Cloves and Mace, of each, half a dram, Ginger one ounce; Gallingale, Cubebs and Spikenard, of each a dram and a half, of Scordium half a handful: bruise these, and put them into a pottle

tle of Sack, and a pint of Aqua vitæ, & steep them four and twenty hours, and distil them as the rest.

Here begin Conserves.

To make Marmelade of Quinces.

TAke your Quinces, and boyl them tender: then pare them & cut them to the core: then draw the pulp, that is, the Quince, thorow a hair Searce, and weigh it: to every pound of pulp take a pound of clarified Sugar, & boil them together till they com to a perfect colour, putting to them in the boyling a little oyl of Cinnamon; & when it is boyled enough, that it will not stick to the Pan, put it into your Marmelade Boxes. But your Conserv must not be boyled so high in any case; for then it will not bee so good.

To

To make Conserv of Red and Damask Roses.

TAke of the pureſt and beſt coloured buds you can get, and clip off the whites from them, & to every pound of leavs, you muſt take three pound of Barbery ſugar, and beat thē together till they be very fine; and then with a woodden platter take it up, & ſet it on the fire till it bee thorow hot, & it will be of an excellent colour.

To make Conserv of Violets.

TAke of your Violet Flowers, and pick off all the blew Flowers and keep them, and weigh them, and take to every ounce of flowers three ounces of refined ſugar, & beat them in an Alablaſter Mortar till they bee very fine, & then take them up, and put them into an earthen Pipkin, and ſet them upon the fire til ſuch time as they be thorowly hot, and then take them off, & put them up & keep thē.

To

To make Paſtoral Rouls for the Cough.

TAke Liquorice powder finely ſearced one ounce, of the Spices of Dadragaganthum-frigidum two drams; of Gum arabeck and Dragagant in fine powder, of each a dram; white ſtarch half a dram; Anniſeeds in fine powder one ounce, mingle it with the reſt: then take of Sugar ſix ounces, of Pennits one ounce and a half, Sugar-candy one ounce, powdred & mingled with the former powder: then take Gum-dragagant ſteeped in Roſe-water, & beat it into paſte, & ſo make it into long rouls, & ſo dry them and keep them.

To make Conſerv of Borage flowers.

TAke of your Borage flowers well coloured, and pick the blacks from them; then weigh them; to every ounce of flowers, you muſt take 3 ounces of ſugar, & beat them together in an Alablaſter Mortar with a Wooden Peſtle till they bee verie fine

ſo

ſo that you cannot diſcern anie Sugar in lumps; then take them out, and put the Conſerv into a Pipkin, and heat it thorow hot: and having thus don, put them up and keep them all the yeer-

To make Conſerv of Roſemary flowers.

TAke your Roſemary-flowers, freſh and good, and pick them from the green tusk: weigh them; and take to everie ounce of flowers three ounces of Sugar-Candy, and beat them verie fine, uſing them in everie reſpect as you did other Conſervs.

To make Conſerv of Bugloſs flowers.

TAke your Bugloſs flowers, and pick them as you did your Borage-flowers; and then weigh them; and to everie ounce of flowers you muſt take two ounces of hard Sugar and one ounce of Sugar-Candy, and beat them together till they bee exceeding fine, & then ſet them on the fire to diſſolv the Sugar, and when it

is dissolved, and the conserv hot, put it up and keep it all the yeer.

To make a Pomander.

OF Beazon take one dram and a half, of Storax half a dram, of Lignum-Aloës in fine powder half a scruple, of Labdanum half an ounce: powder all these very fine, & searce them thorow Lawn: & then take of Musk a dram, Ambergreece 10 grains, Civet 10 grains; & dissolv them in a hot Mortar with a little Rose-water, & so make them into a Pomander, putting into it six grains of Civet.

To make a Conserv of Barberries.

TAke of your Barberries which are verie red and ripe, and pick them from the stalks, and then wash them, & put unto them a pretty deal of fair water, and set them on the fire in an earthen Pan, and so scald them; & being thorowly scalded, pulp them thorow a fine searce; and to every pound of pulp, take a pound of pow-

der

der Sugar, and boyl them till they be enough, that is, till it will cut like Marmelade.

To make Conserv of Cichory flowers.

TAke of your Cichory flowers new gathered; for if you let them lie but one hour, or two at the most, they will lose their colour, and do you verie little service: therefore weigh them presently, and to every ounce of flowers, you must take three ounces of double refined Sugar, and beat them together in a Mortar of Alablaster and a wooden Pestle, till such time as they bee thorowly beaten: for, the better the flowers and sugar be beaten, the better will your Conserv bee; let this alwaies bee for a general rule. Beeing very well brayed, you must take them up, and put it into a Chafer clean scoured, and set it on the fire till it bee thorowly hot, then take it off, and put it up, and keep it all the yeer.

To keep Cucumbers in pickle all the yeer.

OF Conduit water take four gallons, & put into it three quarts of Bay-Salt, two handfuls of Sage, one handful of sweet Marjoram, and four handfuls of Dill, let these boyl till it com to three gallons, and then take it off; & when it is almost cold, put an hundred of Cucumbers into the liquor, into a Butter-barrel, and keep them all the yeer, but look that alwaies the herbs ly upon them: and thus don, it will bee a most excellent Sallet with Oyl, Vinegar and Pepper.

An exceeding fine Pill used for the Gowt.

OF Aloës take two ounces; Mastick three drams, Agrick half an ounce, Ginger half a dram: let these bee powdred very fine: then take of the extraction of Rubarb 3 drams, and with white-Wine let them bee incorporated

porated into a mass of pills, adding unto them a drop of oyl of Cloves, and as much of Nutmegs.

A Medicine for the Gowt.

OF the slips of Starrs take to the number of four, and then take to every slip four snails, and put them into an earthen Pot, and sprinkle 4 or five handfuls of Salt upon them, & then put to them Sage, Rue, Wormwood and Hyssop, of each four handfuls, and so distill them; and when you have distilled them, Put to them a quart of Wine Vinegar, wherein an ounce of white Mercury is dissolvd, and so bathe the place infected with the Gowt, and it will eas them presently.

To make Sirup of Pomcitrons.

TAke Pomcitrons and cut them in halvs, and juice them, but beware you wring them not too hard, least it bee slimy: and take to everie pint of juice 3 quarters of a pound

of refined Sugar, and boyl it in an earthen Pipkin till it com to the height of a Sirup, and take heed in any case that you boyl it not on too hot a fire, least it burn, and then, when it is boyled enough, put it up and keep it all the yeer.

To make Sirup of Violets.

TAke your Violets, and pick the Flowers, and weigh them, and then put them into a quart of water, and steep them upon hot embers untill such time as the flower be turned white, and the water as blew as anie Violet: then take to that a quart of Infusion, and four pound of Clarified Sugar, and boyl it till it com to a Sirup, scumming and boyling them upon a gentle fire, least it turn his colour and beeing boyled, put the Sirup up, and keep it.

To make Sirup of Liquorice.

TAke of your Liquorice eight ounces, and scrape it verie clean, and

and bruiſ it verie well, and Maiden-hair one ounce, Anniſeed & Fennel-ſeed of each half an ounce. ſteep theſe in 4 pints of Rain-water half a day, and then boyl it to a quart: then take a pound and a half of clarified Sugar, & boyl it with that liquor till it com to a Sirup; then put it up and keep it.

To make Sirup of Hore-hound.

TAke of Hore-hound two handfuls, of Colts-foot a handful; of Time, Penniroyal and Calamint, of each two drams, of Liquorice one ounce and a half, of Figs and Raiſons of the Sun, of each two ounces, Piony kernels a quarter of an ounce, Anniſeeds and Fennel ſeeds, of each a quarter of an ounce: boil theſe in a gallon of fair water, till it com to a pottle or three pints; and then ſtrain it, and take three pound of Sugar, and three Egs, and clarifie that liquor and ſo boyl it to a Sirup, and ſo keep it all the yeer.

To make Sirup of Maiden hair.

TAke of Maiden-hair six ounces, of Liquorice one ounce, scraped and sliced: steep these twenty four hours in 4 pints of Conduit water, and then boyl them to a quart, and then take two pound of clarified sugar, and boyl it with that liquor upon a gentle fire of Charcoals, till it com to a Sirup, scumming it very often, that it may bee the clearer; for the clearer it is the better it is: and being boyled enough, put it up.

To make Sirup of Hyssop.

TAke of Hyssop one handful, of Figs, Raisons, Dates, of each an ounce, of Callamint half a handful, of French Barley one ounce: boyl these in 3 pints of water to a quart, and then strain it, and then clarifie it with the whites of two Eggs, and 2 pound of Sugar; and so boyl them to a Sirup; and beeing boyled enough, keep them all the yeer.

To

To keep Cherries all the yeer to have them at Chriſtmas.

TAke of the faireſt Cherries you can get; but bee ſure that they be not bruiſed, and take them, and rub them with a linnen cloth, and put them into a Barrel of Hay, and lay them in ranks, firſt laying Hay in the bottom, and then Cherries, and then Hay again: and then ſtop them up cloſe, that no aër may com neer the, and lay them under a feather Bed where one lyeth continually; for the warmer they are, the better, yet neer no fire: and thus doing, you may have Cherries at anie time of the yeer.

To make Sirup of Mulberries.

TAke your Mulberries which are verie ripe, preſs out the juice from them thorow a linnen cloth between two ſticks, and then to everie pint of juice, take a pound of Sugar, and boyl it the height of a Sirup, and then keep it all the yeer long: and

and if it wax anie thing thinner a moneth after you put it up; boil it again, and then put it up.

To make Sirup of Lemmons:

FIrſt take your Lemmons, and cut them in halvs, and betwixt your fingers juice them, and the liquor that runs from them will bee verie clear: then take to a pint of juice, a pound and a quarter of hard Sugar, which is verie white, boil it to a Sirup, and it wil keep excellently well.

To make Sirup of Roſes ſolutive.

FIrſt take of Damask Roſes, & pull them, then take a gallon of water & when the water is hot, put in a good many damask roſe-leavs, & take them out when they look white, & do ſo ten times, & the water will look red. & then to everie pint of that liquor put a white of an Eg, & a pound of Sugar, & clarifie it, & boyl it to a Sirup, and keep it all the yeer. The thicker the Sirup is, the better it will keep.

To

To make Sirup of drie Roſes.

FIrſt take of red Roſes dryed four ounces, and infuſe them in a quar of fair water upon hot embers till the Roſes have loſt their colour: then take a pound and a half of Sugar, and clarifie your liquor and Sugar with two Eggs, and then boyl it to the height of a Sirup: but take heed in anie caſe, that you ſet not your Sirup upon too hot a fire: for then it will looſe his colour, and bee worth nothing.

A Medicine to give a Woman in Travel to make her have Throws.

TAke Corral, Amber, Date-ſtones, Pearl, Piony-ſeeds, Saffron, Commine: beat all theſe in powder, & put it into Malmſie, and take Unicorns-horn, and put it

it into a ſpoon with a little Malmſie, and give it to her, and preſently let her drink a draught of the Malmſie, with the powders aforeſaid, warming of it a little.

A Medicine for the falling down of the Matrice to the bearing place.

FIrſt take Chickweed and ſeeth it in an earthen pot; then lay of it upon a piece of Scarlet, as hot as the party may ſuffer it: let her take it to the privy place, and as one Plaiſter, cools, ſo lay another and uſe it.

Another for to bee taken to the Navel, and to the Back right againſt the Navil, for the ſame.

FIrſt take an Onion, and roſt it verie tender; then take of Allyſander-ſeeds, & bruiſ them in a wooden diſh, and mingle the Onion and the bruiſed ſeeds together, and lay it upon a piece of Linnen cloth, ſo lay it to the Navil a little warm, rowl that on, and let it ly on twenty four hours,

hours: then change it, and take a new one till it bee whole.

It is good for the Midwife to hold Musk below (tyed in a little Lawn) to draw down the child.

Take Torch-wort, and lay a leaf of it to the Crown of a womans head warm, to ſtay other flowers.

A Medicine for a womans after Burden, if need bee, to bring it down.

TAke Sothern-wood, and waſh it clean and ſtamp it, and ſtrain it in ſtrong Ale, and give it her to drink warm.

To ſtop the whites in women.

FRy Hemlock in freſh Swines greaſ, lay it as hot as ſhee may ſuffer it, to the ſecret place.

For a Tetter.

SEeth Oats in a water, & where the Tetter is, hold over the reek there-of, as hot as may be, laying a cloth over it, to keep in the reek, ſo that the

the cloth do not touch the Tetter: use this five times morning and evening.

To make a Sear-cloth for an Ach that is newlie com.

TAke Boors greas, and Camphire, and wax, and boyl them altogether, and so make a Sear-cloth thereof, and lay it to the grief.

For a Fellon or an Handcom.

YOu must take Herb grace, rusty Bacon, sowr Leaven, and Snails that be with shels on their backs, taking them out of their shels, & beat all these together, and lay it to the grief.

For to heal anie if they bee scalded with hot liquor.

YOu must take Alehoof & Avens, Sheeps suet & Sheeps dung, & Goosdung, & when you have washed the Herbs, break them altogether a little, & so fry them together, & then strain it, and make a Plaister thereof, and lay it to the grief: warm it a little when

when you lay it to, laying new plaiſters to it twice a day: you may take the juice of Houſleek, & Sallet oyl, & water, & beat them together, & waſh the grief before you uſe this Plaiſter.

A Medicine for the Whites.

OF new Milk of a red Cow take a quart, ten ſpoonfuls of red Roſe water, a Pomgranet pill beaten, & a little Cinnamon beaten, & ſeeth it half away: ſweeten it with Sugar, & drink a draught morning and evening, and two whites of Eggs beaten.

A Medicine for them that are given to bleeding.

MAke a Poſſet, take of the curd, and take Liver-wort, and beat it, and put the juice thereof into the Poſſet drink, and drink it morning & evening warm.

For the heat in the Kidnies.

VVIpe Houſleek and Plantane with a cloth, but not waſh them

them; and put to the juice thereof, red Rose-water, and Wine-Vinegar, and Womans Milk, and take the Herbs & put them into cloths, & ty the cloths with thred like a couple of Balls; and you must (when you do use it) have one to do it for you in the morning when you are in your Bed: and the party must take the balls, & dip them in this liquor, and so bath your Kidnies; & as soon as one of the balls is hot with doing them, take the other and so use it an hour every morning.

A Medicine for the Stone.

PEllitorie of the wall, Smallage, Hollihocks, Mallowes, Tansie & Saxifrage, of each take a handful: chop them small, and quilt them in a little linnen Bag: then take three pints of Cream, half a pint of Malmsie, a quarter of a pint of running water, and set them on the fire, and when it doth seeth, then put the Bag of Herbs into the pot, and when the Bag is thorowly hot, wring it between 2 trenchers

chers over the pot to ſave the liquor; then lay the bag to the grief as hot as you may ſuffer it; and as ſoon as it cooleth, make it hot again in the ſame liquor, and ſo apply it to the grief.

For the worms.

OF Baſil mints take a handful, and a handful of Lavender Cotton, as much Wormwood, Peach leavs as much, featherfue a handful, of unſet Leeks a handful, boyl them together in three ſpoonfuls of Wine-Vinegar, and of his own water as much, and quilt them in a Bag, and ſo lay it warm between his Navil and his Stomack.

To heal a ſore Breaſt that come's with the infection of the Milk.

SEeth Mallows and Saffron in Milk, and when it hath ſodden a good while, put in ſomcrums of leven bread, and boyl them well together; and a little before you take it up, put ſom fallet oyl into it: you muſt let it

it boyl till it com to a Poultiſs, and ſo lay it warm to your Breſt: if you perceiv that it will not help your breſt without it bee broke, you muſt roaſt a Lilly root, and lay it to your Breſt where you will have it break; and when it is broken, you muſt tent it with Leaven and Milk ſodden thick together, and make a Plaiſter thereof, and lay it to the place where it is broken: you muſt dreſs it twice a day, laying the Poultis all about your Breſt, fitting the place that the Plaiſters lie on: you muſt dreſs it both with new Poultis & a new Plaiſter twice every day, till it begin to heal, & then once a day is ſufficient.

To ſtanch the bleeding at the Noſe.

TAke Bolarminack and the white of an Egg, and Vinegar, and beat them to gether, and make Plaiſters thereof, and lay to them your Temples.

To

To ſtanch the bleeding of a wound.

BRuiſ unſet Hyſop a little, and take the powder of the Bone that is to bee found in a Capers head, and ſtrew the ſame powder on the Hyſop, and lay it to the wound.

Another for the ſame.

LAy Hogs dung hot from the Hog with Sugar, to the wound.

For the weakneſs in the Back.

FIrſt take Clary and Dates, and the Pith of an Ox, and put them together, & then put them to your Cream, & Eggs, & grated bread, & fry them together, and ſtrew Sugar on it, and eat it in the morning faſting, and you muſt put ſom white Sanders in it alſo when you temper it together.

For the worms.

DRink Mares milk as hot as you can have it from the Mare, in the morning faſting.

To

To know whether a child hath the worms or no.

TAke a piece of white leather, and peck it full of holes with your knife, and rub it with worm-wood & spread hony on it, and strew the powder of Aloesuccotrina, and lay it on the Childs Navil when hee goeth to bed, and if hee have the worms, the Plaister will stick fast; and if hee have them not it will fall off.

For one that is bruised with a fall.

BEat stone pitch, & drink it with white wine or sack, or Malmsie; & if you have none, then take som other liquor: then melt Parmacity, & anoint the place where the bruis is.

For the wind Colick.

BRuis Parsly seeds, and seeth them in Sack, and drink it warm when you have your pain.

For the Gowt that is newly com.

GRate Rubarb, and mingle it with Conserv of red Roses, and eat thereof everie morning fasting a pretty quantity.

A water to wash a sore.

TAke of plantane, and wood bind leavs, and white Roses, and still them together, and when the water is stilled, put a quantitie of Camphire into it, and so let it ly in the water continually.

For the shrinking of the sinews.

FIrst take the Marrow of a horse bone, and the crop of Elders, and as much of Sage & chop them together, and boil them in the Marrow, & then strain out the herbs, and put to the liquor one spoonful of hony, two spoonfuls of Aqua Composita, and a quantity of pepper, and boil it again, and keep it for your use.

For

For the Piles.

OF Ragwort take a quantity, and a quantity of ground Ivie, and the marrow of the hinder leg of a Bullock, and beat the marrow & the herbs together, and boyl them on a soft fire, and strain them, and keep it for your use.

A salve to take dead flesh out of a sore.

OF Vinegar take a spoonful, and a spoonful of Hony, and a quantity of Verdigreace, and as much Allom, and boyl all these together, and keep it for your use.

For the staying of the Flux.

TAke a new layd Eg, and take off a little of the top of it, and pour out a little of the white, and fill up the Egg, with Aqua Composita, and stir it together, and roast it, and sup up the Egg in the morning fasting: till you bee well, use this.

Ano.

Another for the ſame.

MAke Rice pottage with almond milk: you muſt not blanch the Almonds, and make little balls of Virgin wax, make them leſs then Peaſ, and when you do eat of the Pottage, take three or four of the Balls, and put them in everie ſpoonful as you do eat it.

For the Gowt.

PUt into an earthen pot, a quart of Aqua Compoſita, and take two handfuls of Henbane, and break it, & put it into it, and ſet the pot in the earth all the moneth of May, and it will com to an Oil, & at the end of May, you muſt take it up, and keep it for your uſe, you muſt cover the pot very cloſe when you ſet it in the ground, and when you anoint the grief therewith you muſt do it againſt the fire.

For the Piles.

TAke Martlemass beef, and dry it, and beat it to powder, and then put it into a Chaffindish of coals, and set it in a chair, and sit over it.

For an Ague.

IF it be for a child, take two spoonfuls of good Ale, and seeth it, and scum it, and one spoonful of the sirup of Roses, and let them drink it lukewarm; if for an old body, then take three spoonfuls of good Ale, and 2 spoonfuls of sirup of Roses.

To make a fresh Cheese.

OF new Milk take a quantity, and set it on the fire, and let it boyl; and take half a dozen yolks of Eggs, and beat them, and stir them in the Milk on the fire: then take it off the fire, and keep it stirred till it be lukewarm; and then put runnet into it, and stir it, and let it stand till it bee gathered together, and take up the Curd

Curd, and put into it Cinnamon and Ginger, and ſtir it about and make diſhes of it, as you think good.

A Medicine for a Peſtilent Ague, or to drive anie thing from the heart.

MAke a Poſſet with white-Wine, and take away the Curd, and take horſdung of a ſtone horſ, as hot as you can get it from the horſ, and ſtrain it with the Poſſet drink, & put a little Mithridate, and Carduus-Benedictus water, and Unicorns horn; & if you have no Unicorns horn, then put Ivory, or Sea-horſtooth, and give it to the ſick to drink faſting in the morning, warming it; & you muſt put the Unicorns horn into the ſpoon, & take it with ſom of the Poſſet-drink, & ſo drink the Poſſet preſently after it, & uſe this two or three mornings.

A Medicine for the ſoreneſs in the throat that cometh with the Rhume.

OF Hony ſuckle water take half a pint, and two Jews ears, of

Plantane and Sickfield half a handful, and a few Columbine leaves: these must bee sod with as much white Sugar-candy as will bring the liquor to a Sirup: you must put in a little Howel, Cinnamon, & so take it in the morning, and in the evening, and at such time as your throat is dry.

Another for the falling of the Evalow, or other pain in the throat.

OF red Sage take a handful, a spoonful of Dil-seed, a piece of Leaven: boyl these in a little new Milk till it bee thick; then lay it on 4 fine cloths, and lay one cloth to the nape of the neck, and another to the throat, & to each temple one, & bind the cloths, & doe this as often as need shall require: for it hath been proved.

A Salv for a green wound.

OF Rosin take a pound, half a pound of Wax, four ounces of old Swines greas: one ounce of Verdigreas: boyl them altogether

ther upon a ſoft fire, and ſtrain them.

A water to heal all ſores in Leggs, and Ulcers.

YOu muſt take a pound of Roch-Allom, four ounces of green Coperas; beat them ſomwhat ſmall, and put them in a Pan on the fire, ever ſtiring them till they bee molten and dryed again ready to bee powdred, & beat them again into fine powder, and keep them to your uſe. When you will make your water, ſet a pottle of fair Conduit water over the fire, till it boyleth faſt: then take it away, & as ſoon as it leaveth boyling, caſt abroad your powder on the water, the which will make it to boyl: as long as your water riſeth, ſo long caſt your powder in; & when it leav's riſing, and is black in the bottom, then it is perfect. Then if you ſee a dangerous ſore Leg, firſt caſt your powder preſently thereon, & lay thereto 3 or 4 fold of linnen cloth wet in water, and roul it up, do ſo till the Ulcer bee clean.

A verie good water for a sore Mouth.

FIrst take of Conduit-water a pint, one handful of Hysop, of white wine, and Almonds a pound, of Roses three ounces: seeth them all together till the Herbs bee render: then take it from the fire and strain it, and keep it for your use. You must alwaies wash your mouth, and rub it after meat, and in the morning.

A Castle to break any swelling that is ready to break.

COmmine, Hysop and Quick-lime of each take a like quantity; bray them in a Mortar, till it bee verie fine: when you would open an Impostume, lay it as big as an hasel Nut upon the next place, and bind it verie hard, and let it remain there four hours: then take it off, for it will make the place dead; and then you may let out the matter without grief to the Patient.

A Cati-

A Catius Plaister.

LItrage of Gold powdred verie fine, Common oyl, Hogs greas. of each take a pound, white Coperas four ounces: put them altogether in a brazen Pan, and seeth it over a very soft fire of coals, and try it continually untill it com to a body, and in the boyling you must cast into it one ounce of good Rose-water, or 2. and now and then a spoonful; & when it is com to a good body, take it off the fire, & stir it till it be cold & ready to be made up in a rowl, & then make it up.

To make Populier.

OF Populier buds take a peck, of Hogs greas four pound: seeth them both together a quarter of an hour, and then take it off, and strain it; if it be too thin, put in a little wax.

Basilicon.

PItch, Rosin, Wax, Sheeps suet common Oyl, of each take alike

tity: beat thoſe ſmall, and put them in a brazen Pan, and melt them all together: then take them off the fire, & ſtrain them thorow a courſ linnen cloth, for the Pitch will not be molten: this is good for all manner of ſores; & when you will put in a Tent, mix it with the yolk of an egg.

Maturacum Poultnies.

OF Onions, Garlick, Dow, Lilly-roots take a like quantitie: roaſt them all in a wet cloth under aſhes, & then put them in a Mortar, and beat them ſmall: that is good for all Impoſtumes to break them out.

A Medicine to heal old ſores.

PLantane, Bramble tops, Orpin, Bittony, Egrimony, of each take a handfull: ſtrain them and put thereto Roſin and Wax, of each a quarter of a pound; freſh Hoggs greaſ and ſheeps ſuet, of each four ounces, boil them altogether till the juice be confirmed: then ſtrain it, and keep it to raiſ

raiſſ fleſh and heal old ſores.

A Plaiſter to heal old ſores after they bee made clean, and filled with fleſh.

OF ſallet oyl take half a pint, Lead a quarter of a pound; boil theſe till they bee black, and keep them for your uſe.

To clean a ſore, and take away the dead fleſh.

TAke woodbine-flowers, white Roſes, Plantane, and ſtill them together: and when it is ſtilled, take ſix penniworth of Camphire, and put it into a quart of the water, and ſet it in the ſun for ten or twelv daies, and ſo waſh the ſore therewith.

A Medicine for a ſore throat.

OF milk take a pint, half a handful of Columbine leavs, half a handful of Gaſel, and half a ſcore leavs of Sinkfield, two Jews ears, and ſo the party muſt uſe evening and morning, and gargaſe it in his throat.

A Medicine that will heal anie wound or sore, and keep it without proud flesh, or dead flesh.

OF wax take half a pound a quarter of a pound of Sheeps suet, a quarter of a pound of rosin,& a quarter of a pound of Turpentine, half a pint of sallet oyl, two handfuls of Bugle which growe's in the wood, a handful of Smallage, a handful of Mallows,a handful of Valerin,a handful of Grunsel, & a handful of Balm: stamp and strain the herbs, and put the juice into the foresaid things being a while boiled, then seeth them together a quarter of an hour: then take it from the fire,& let it stand till it bee cold;then take away the Smallage from the bottom: then take som of your Balm-water, and put into it so much as will make it green, & let it boyl together half a quarter of an hour, and so take it to your use.

A Glyster

A Glister.

CAmmomile, Bittony, Dill, Pellitory of the wall, Hyssop, Rue, of each take a handful: boil these in the broath of a sheeps head, till the broath bee verie slippery: then take a pint of the broth strained, and put 2 of the Pils of Dradet, of each a crown weight and a half, Diacatholict, Diaphenicon, of each half an ounce: Oyl of Cammomile, Oyl of Dill, of each an ounce, a little salt, and a glyster, if you will have it break wind, put into the foresaid Commin-seed, Fennel-seed, Anniseed, of each bruised two good handfuls, and boyl altogether, and strain it, and make it as aforesaid and put in the Glyster.

To take away the heat of a Burn, or out of a scald.

ROast Eggs, as hard as a stone? then take out the yolks of them? then take a frying pan, and put in the yolks of the hard Eggs, & so let it fry

till it com to an oyl, then ſtrain it, & annoynt the Burn with it: then take a bladder, and annoynt it with Sallet oyl, and lay it to the burn.

To make another Glyſter.

TAke running water, two handfuls of Carmon, a handful of Mallows, a handful of Woorm-wood, a handful of Mercury, an ounce of Commine, 2 ounces of fennel ſeeds, two ounces of Anniſeeds: beat all your ſeeds, and ſet your herbs a boiling and ſtrain them.

A Medicine for one that is broken.

YOu muſt take a quantity of Cōfrey, a quantitie of Kincome, a quantity of Knotted Graſs, a quantity of Ribervorum, and a quantity of Polipody: ſtamp them altogether, and ſtrain them in Ale, and then give the Patient the ſame to drink cold, and truſs him up with ſom bolſter, & let his dyet bee but competent, eſchewing all ſlippery meats, as butter, and ſuch

ſuch like: Provided alwaies, that the Patient keep his bed 6 or 7 daies, lying upon his back, and ſomtimes hold his Bellie with his hand.

To make a Poultis for a Swelling.

SEeth the crum of Manchet in milk til it bee thick; then put in a piece of new Butter about the quantity of a Walnut, or ſomwhat more.

For the Rhume.

MAſtick & Pellitory of Spain, cut in ſmall pieces, of each take a little, and alike quantity, ſew them in a little bag of linnen cloth: keep the bag in your mouth till the Pellitory & the Maſtick be conſumed, & ſpet in the mean time as much as you can.

For the Tooth Ache and the Rhume.

PUt a quantity of the Gum of Ivie into a little bag of Linnen: then wet your bagg in Aqua vitæ or Vinegar, & keep it in your mouth till the Gum of Ivie bee conſumed: hold the bag

bag over or upon the hollow tooth.

A water for the Eyes.

FIrſt take a pint of white-Wine: then heat a ſtone called Lapis Calaminaris red hot, 9 or 10 times, in the fire, and quench it every time in the Wine, the laſt time you quench your ſtone ſtir it about in the Wine, then keep your water in a clean glaſs, & let it ſtand, uſe to put in your Eye one drop or two, morning & evening.

For the Eyes.

TAke Roſmary. Houſleek, red-Fennel, aud roaſt an Egg, and take out the yolk: beat theſe herbs together and ſtrain them.

For the Pain in the head

FIrſt take of the beſt Sallet-oyl you can get & the flowers of wild Primroſes, and put them into the oil. and then ſet it on the fire, and let it boil half an hour very ſoftly; then put it in a glaſs, & ſet it in the Sun three weeks

weeks and then rub your temples evening and morning. E.C.

A Gargas for to purge the head.

OF Wine-Vinegar take a pint & a half, Muſtard-ſeeds, Ginger, Cloves, Nutmegs, Pellitory-roots, about the quantity of one ounce: when they are beaten put it into the liquor, & ſtir thē together for the ſpace of a week, then Gargaſs it every morning before you uſe the oil to your head.

For a Pin and a Web.

RUb the Oyl compacted of the bone of a gooſes wing, in the palm of your hand, that no ſhivers of the bone do ſtick in it and put it in with the point of a pin, for the bigneſs of a pins head is enough at once.

For a Swelling.

BOyl Barrows-greaſ, and Sothern-wood, and Aqua-vitæ together, and when you have boyled them, ſtrain them in a Pan.

For

For a bone-ache.

OF Cammomile take two or three handfuls, a quarter of a pound of sheeps suet chopt small, a piece of stone pitch of the quantity of a Walnut, and a piece of leavened bread in it, crumbled very small, boil it in your own water, till it bee verie thick, that you may spread it upon a cloth like a Plaister, & lay it on the place where the ach is for four and twenty hours, and so dress it three times. If you do it will take away the Ach.

A Medicine to heal an old sore or a new.

MElt a quarter of a pound of Rosin in a Pan till it hath left cracking, and then take half as much Wax, and a little Turpentine, and Sheeps suet chopt small, and a spoonful of oyl Olive, and boyl them altogether, and when you have don so, strain them in a payl of water, and make it even as you will occupy it, and draw you Plaisters thin, and dress it

it three times a day, that is to say, at morning, noon and evening, till it be almost whole; then dress it but twice a day, morning and evening. But if there bee anie core that hinder's the healing of it, take a little Mercury, & put it in two spoonfuls of water, and when the Mercury is melted in the water, and congealed together, take a feather, and drop in 2 or three drops, and lay a Plaister upon the wound, and it will bring forth the core.

For an Andcorn.

PUt half a dozen knors of a young Oak into a fire Pan, and burn them to a red coal, and take Bores greas, and fine suet, and two or three corns of Salt, and stamp them verie fine, and so make a Plaister of it, and if it do draw and heal to fast, lay Line underneath the salv, you must dress it twice in the winter daies, and thrice in the Summer daies.

A Copy

The Copy of Doctor Stephens *waters.*

FIrſt take a gallon of the beſt Gaſcoyn Wine; then take Ginger, Gallingale, Cinnamon, Nutmegs Grains, Cloves, Anniſeeds, Fennell-ſeeds, Carroway-ſeeds, of each of the a dram weight, then take wild Time Hyſop, Lavender, Sage, Mints, red Roſes, Garden-Time, Pellitory of the wall, and Roſemary, of each of them one good handful, and bray the Herbs verie ſmall, and ſtamp the Spices all together verie ſmall, put all together into the Wine, and cloſe it faſt 12 hours, & ſtir it divers times, then ſtill it in a Limbeck, & keep the firſt water, for it is the beſt, ; and then keep the ſecond, for it is good, but not ſo good as the firſt. E.C.

A dram weight of the ſeed of Collumbine, bruiſed with half a penny weight of Saffron drunken with wine, is good for the Janders: then go to bed & provoke ſweat: the ſame flowers diſtilled are good for the purpoſe, & againſt ſwoonings

Pimpinel.

Pimpinel.

THis Herb is good againſt the Peſtilence, to bee taken faſting in the morning, and good againſt the Stone: The roots ſodden, condited in Sugar may profit them that have cold Stomacks, and are troubled with too much Fleam, the Cholick, and Stone,. This root anie way taken, is good againſt poyſon.

Mouſear is hot and dry, ſom uſe to give the juice of this common Mouſear to hinder the cold of a quartan Ague. Som uſe to gather the roots in May, and dry it, and give it to them that are broken. It is good for the bloody Flix; The great ſcowring of the Mother, for worms, both outward and inward, common Flixes, for vomiting of choller, ſpetting of blood, and burſting, & eſpecially for breaking of the Brain pan.

The iuice of Coſtemary drunken, killeth both ſmall and great Worms in the belly, It is good for a cold Mother.

ther. It ſtrengthen's the Stomack, whether it be drunken or laid to; And ſtayeth vomiting. The herb of this nature, whether it bee ſtrewed, or elſ perfume made thereof, drive's away Serpents; and is good againſt their poyſon: And it helpeth and ſtrengthneth the head.

To take out the heat of a burn.

BOyl the fat of Hoggs guts, and Sheeps trittles, and put them in a Pot: this will heal the party, & take out the fire, and will keep good a whole year. This hath been proved.

To take the heat out of the face.

PUt Elder flowers, Plantane, white, Dayſie-roots, and herb Robert into running water, waſh your face morning and evening therewith.

A medicine for a Canker in ones Mouth. Proved.

FIrſt take running water, and a handful of Wood-bine leavs, a handful of Bramble leavs, a handful of

of Collumbine leavs, a little Roſemary, and boyl them together till half the water bee waſted, then put in two or three ſpoonfuls of hony, a piece of Roch-Allom, three or four ſpoonfuls of wine vinegar, and waſh your mouth with the ſodden herbs thereof three or 4 times every day.

The Diet drink.

FIrſt buy a dyet pot of the commõ ſort, ſuch a one as will coſt eightpence or ten-pence: then put into it half a pound of Liquorice ſcraped & bruiſed, half a pound of Anniſeeds bruiſed, three quarters of a pound of Lignum vitæ bought at the Turners, & one ounce of the bark of the ſame wood, which is to bee bought at the Apothecaries, half a pound of Raiſins of the Sun, the ſtones take out, a good handful of Scabias, an ounce of Chiny, two ounces of Solyprilla, a quantity of white wine: then fill up your pot with fair water, ſaving a pint: then cover your pot with his

his cover, & close it round about the brim with paste; then set it on a soft fire with coales, & let it boyl 3 hours, till the fourth part bee wasted; then put the clearest into bottles, & drink morning and evening a good draught, and so do fourteen or fifteen dayes.

If you put a litle of the wood into the fire, & there fry out of it like oyl, then you shall bee sure it is good.

For the Head-ache.

VErvine, Bittony, Camomile roots, Lettuce, Checmete, of each sort take two handfulles, dried Roses, put them to powder of Nutmegs, boyle this in white wine; then take out the herbs: & fry them in Oyle olive, and strain them in a cloth, & make an oyntment thereof, and therewith anoint the head.

To make the Rhume Medicine.

FIrst take five quarts of Hysop water: it must bee stilled when the Hysop beareth flower; and one pound of

of Engliſh Liquorice clean ſcraped, and cut in little pieces, bruiſ them, & then put it to the water, & boil them till half bee conſumed away, then ſtrain it in ſhallow pans, and ſet it in the Sun, and ſtir it now and then, & ſomtimes ſet it over the fire till you ſee it wax black, but do not boyl it; & it will wax ſtiff with ſtanding in the Sun, that you may make it in little cakes.

A ſalv for a Cut.

VVAx and Roſin, of each take four ounces, Deers ſuet ſix ounces, ſtamp and ſtrain Valerian and take the juice as much as you think will make the ſalv look green, and boyl them together till it com to a ſalv.

A Medicine for the ſtopping of the Liver, verie good for them that have the Jaunders.

PArſly-roots, Fennel-roots, Aſperigon- roots, kneeham-roots Succory

Succory roots, of each take the weight of half a crown in silver, of Dock-roots, the weight of 12 pence, a little Liquorice, half a handful of Raisins of the Sun stoned: boyl these in 3 pints of water to a quart, & make Almond milk with the liquor, & take 2 parts of sweet Almonds, & one part of bitter: sweeten it with sugar, or elf with sirup of Succory, and drink a draught three mornings together, fasting three hours after it, use this every moneth; you may put in Barly husked, and Saxifrage, Maiden-hair and liverwort.

For the worms.

Give the powder of Coralina, to the weight of three-pence in silver, in the water of Couch-grass.

A Medicine for a quartan or a tertian Ague.

TAke the Herbs and roots called Harts horn, Plantane and Orpin, & beat them with a little white wine and

and a little bay ſalt, and ſo lay it on a cloth upon your wriſt, but be ſure it lie on the places on both arms, changing it ev'ry twenty four hours: be ſure alſo, that you lay it two hours before the fit cometh, and hang nine roots of the Harts horn about your neck in a ſilk bag, ſo that it may ly upon the hollow of your ſtomack, and let it hang till your Agu be gon. You muſt not waſh neither herbs nor roots; and you may take the roots when you cannot get the herbs, and uſe them ſo.

For the Canker in the Mouth, or Rawneſs; or in the lower part of the womb.

RED Fennel, red Sage, Hyſop, Herb grace, Roſemary, Hony-ſuckle leavs, Featherfue and Dayſie leavs, of each take a little quantity, in all two handfuls; boyl theſe in a quart of running water till it com to a pint; ſtrain it & let it ſtand untill it bee clear, and put therein a ſpoonful of Engliſh Hony, & as much Roch-allom beaten, as the bigneſs of a Bean, and

& boyl it together: you muſt take off the ſcum as it doth ariſe: when it is boyled put it into a glaſs and keep it for your uſe; you muſt warm it when you take it.

A good Medicine, for an Andcom, or a Botch, or a ſore Breaſt, or Carbuncle, to ripe or break them.

YOu muſt take a quantity of herb Grace, a quantity of levened bread well crummed, half a ſpoonful of Sallet oyl or Capons greaſ; boyl theſe in good Ale grounds; and keep it with ſtirring till it bee thick; and when you uſe it, lay it upon a cloth warm to the grief. This Medicine will diſſolv a breaſt without breaking it, unleſs it need breaking, you muſt change it everie day once.

A good Salv to heal it when it is broken.

OF Boars greaſ take a quantity, Wax and Roſin, of each alike quantity; you muſt ſcrape the Wax, and

and beat the Roſin, and boil them together till they be melted; then take Lapis Callaminaris, & Roch-Allom, as much as a Bean of each, and beat them together; then take a ſpoonful of Engliſh Hony, and put them together, and boil them again; and when it is well boiled, pour it into coldwater, and make it up in rouls, and keep it for your uſe.

A medicine for a Bruiſ.

BEat a quantity of Stone-pitch finely to powder, and take as much gray Sope, and boyl them together, with ſtirring till it be boiled: then take it off the fire, and let it cool, and then ſpread it upon a cloth, and lay it to the grief: it muſt not be thorow cold, for then it will not ſpread: and if one do not heal it, then lay on another cloth ſpread with the ſame.

An Oyntment for an Agu-sore, or other sore, and for swellings.

CUt off the ont sides of a Bryony root verie thin: som do call it wild vine, slice it, and lay it all night in a pint of sallet-oyl, and then boil it, strain it, and keep it for your use: for this is good to annoynt anie Agu-sore, or any other swelling. Then take half a pint of sallet-oyl, and as much read lead as you can buy for 2 pence, and boil them together, and keep it stirring it till it look black: then take as manie cloaths as you think will drink up the oyl and the lead, and then cool it, and keep it for your use.

This Oyl and Lead is good for Agu-sores and other sores. Remember to annoynt the sores with the ointment aforesaid first, and then lay on the Searcloth, doing this twice a day till the sore be whole. And for swelling you must use the Briony roots & the oil only, without the oil & lead.

An

An approved good Medicine for the Tooth ache.

YOu muſt take Roſe water, either Red or Damask, take yellow wax a quantity, & freſh butter of each an equal quantity, & mingle them together in a diſh upon the coals, and thē take a linnen cloth, and dip it therein, and lay it to that ſide of your jaw where you are grieved, as hot as you can ſuffer it, the hotter the better.

A Medicine for the bloody-Flix.

OF wheat-bread take 2 toaſts, & toaſt them; and two Eggs, and roaſt them hard, and take the yolks of them, & the liver of a Chick, and beat all theſe together ſmall: then put all this into a pint of Churn-milk: then take half an ounce of Cinnamon: beat it ſmall, & put it in the Medicine and then take of it evening and morning faſting, for ſo it moſt availeth you: but if your ſtomack bee weak, then put in ſom ſugar to ſweeten it.

For the Pin or Web in the eie.

TAke the juice of Parſly, & half as much Hony, & with a feather drop it in the Eie, & after it you muſt put in ſom powder of white ſugar-Candy, you muſt dreſs it thus very often.

For to take the Ague out of any place where it doth fall.

MIngle a pretty quantity of ſuccory with ſom Boars greaſ, & ſpread upon a cloth, and warm it againſt the fire and lay it to the place.

A medicine for a green wound.

VVaſh a quantitie of Venice Turpentine in fair water till it bee white, then take a Plaiſter thereof & lay it to the wound till it be drawn: then take the yolk of a new laid eg, & add thereto a ſmall quantity of fine wheat flower, and a little freſh Butter, & mingle them together, & lay a plaiſter thereof to the wound after it is drawn with the Turpentine.

Another

Another medicine to bee taken inwardly for a green wound, to bee taken in Ale or beer: it is likewiſe good for the ſhutting of a bone broken or cut. either for Man or Beaſt.

JUice an Herb called Bonwort, and take of the juice thereof three or four ſpoonfulls, or more, according to the ſtomack of the party that is hurt; take the ſame quantity and drink it either in the milk, or as before is written; 3 or 4 ſeveral mornings faſting, or oftner if you will, and it will free the party. When the herb is not to be gotten, then you may uſe the root, and it will avail as much.

If the Wound bee but little, either this drink, or the Medicine before written will help it: but if it be great, you muſt uſe both together.

For to heal Wounds and Sores.

ROſin and frankincenſ, of each take four ounces, white Wax and olibanum, of each three ounces;

Harts suet and Mastick, of each an ounce; Venice Turpentine half an ounce; White wine a pint, melt the Rosin, the Frankincens, and the Harts suet together: then strain it in a Pan, & put thereto all the white wax, the Olibanum, and the Mastick made into powder, and the white wine: boil all together til the wine be consumed, then take it from the fire and stir it till it bee almost cold: then put in the Turpentine, & make it in a roul, and keep it in Parchment or Leather.

Another.

CAlamint and Penniroyal, of each take alike quantity; Nigella-Romana-seed a little bruised, a French crowns weight: Boyl all these in posset-drink made of white wine and Ale: a good draught evening and morning you must drink.

A Medi-

A Medicine for the head burning that long time hath been.

MIngle a quantity, of the Gaul of a Hare, and as much Hony, together a good while, till it turn red and with it annoint the fore head, & all the aking ſhall bee taken away. This is precious ointment.

For to ſet a bone, or heal a broken bone in Man or Beaſt.

BOyl the juice of Comfrey roots and wild Daſie roots, with Turpentine and yellow wax, and make a flat Plaiſter thereof, and lay it to the grief, and ſet ſplinters about it, and rowl it to keep it ſtiff, once in five dayes untill it be whole: you muſt drink the juice of the roots nine daies in ſom liquor, either to man or beaſt, when you uſe the Plaiſter.

For the Piles.

TAke new Milk, and thicken it with Oat-meal finely ſifted tho-

row a Sive, and let it ſeeth till you make it up like Suppoſitaries: then take it up, and cut off the outſide of a race of Ginger, and grate it, and mingle it together, & ſom of it make into a Plaiſter, and the reſt make like Suppoſitaries, and put them up as you doe Suppoſitaries: then lay a Plaiſter on the place; and uſe this till you bee whole.

A Medicine for a Rupture. in old or young.

KNotwort, Ribwort & Comfrey of each take a little quantity; waſh them & dry them, and ſet them in the Oven when the bread is drawn that ſo they may bee dry: then beat them to powder, then ſearce them finely thorow a ſearce or five; and look what quantity you take of the herbs when they be dryed, take half ſo much Anniſeeds, & beat them with the powder of the herbs, and ſearce them; and thus having made the powder ready; when you will uſe, take as

as much of the powder as you can lay, or take upon a good broad fixpence, and fourteen mornings together give it to the party to drink with a little Malmſie faſting, and annoint the place with oil of Spike mingled with anie other thing; and alſo take ſuch herbs as you make your powder of, & ſeeth them in fair running water untill they bee tender, wringing the water out of them, and apply them to the place as hot as the party can ſuffer it, and let not the truſs bee too ſtrait, leſt it force the place to rent further. Take the herbs to make the powder within May, when the chief ſtrength is in them. The Knotwort bears a little watchet flower. This hath been proved on Children ſo born, and on old folks that have been 24 years broken, and doth help all ſorts (that uſe it orderly, and do not abuſe themſelvs) through the grace of God.

A Medicine to bee used during all the time of the Plague; good against Infection.

OF white wine Vinegar take a pint, and half a pint of Jene-Treacle, and a quantity of Bole-armoniack, otherwise called Bolles verus, and stir all these together, and take three spoonfuls in the morning fasting, and fast an hour after it, and take three spoonfuls an hour after supper.

Another Medicine for pain in the head.

SEeth leavs of Agrimony with Hony and give them to drink, draw it thorow a cloth and keep it in a box, and therewith annoynt your head, and wash your head with the water that Celandine is sodden in.

For the aking of the head.

SEeth Puriol in Azsil, and then put it in thy nose Take Rue and Fennel, and seeth them together in water, and wash therewith the head.

For

For a fellon of the head, that ſwelleth the head of a man: and that before written is for the ſame.

STamp the greaſ of an Hart, and Hony, and Barly meal, and Oterreſt, & Moycel together; and after ſhave thy head, then make a plaiſter, & lay it to thy head as hot as you may ſuffer it, & let it ly till it be whole.

For all Evils of the head.

STamp Rue with ſtrong Ayſil mingle it, & waſh the head therewith.

For the Carbuncle or the Poſthume in the head.

VVOrmwood, Origanum, and Mayron take of each by even proportion, & ſeeth them in ſweet wine, and after that wring out the juice, and lay it to the ears of the ſick, with two ſponges, as hot as hee may ſuffer it; uſe this two or three times, and hee ſhall bee whole.

For

For the Megrim, Poſthume, Dropſie Fevers, and all manner of akeings in the head.

OF the root called Pellitory of Spain, take a penny weight, ſixpenny weight of Spicardy, and grind them together, and ſeeth them in good Vinegar, and take a ſaucer full of Hony, and five of Muſtard, and when the liquor that is boyled, is cold, put thereto the Hony and the muſtard, and ſtir them well together, and let the ſick uſe thereof half a ſpoonful at once, and hold it ſtill in his mouth, the ſpace of two creeds ſaying, and then ſpet it out into a veſſel, and do ſo ten or twelv times; a good while after hee hath eaten at noon, and a little before evening, ten or twelv times, and when hee goe's to bed, take & waſh clean his mouth, and drink a draught, and go to bed, uſe the medicine three daies and hee ſhall bee whole.

For

For the head-ache.

SEeth Vervine and Bittony, Sisses & Wormwood; wash the parties head with the water thrice in the week, and take the herbs, and make a plaister, and lay it upon the upper part of the head on this wise.

Take the herbs aforesaid when they are well sodden, and wring out the juice of them, and then stamp them in a mortar & temper them with the water wherewith they were sodden, & put thereto the bran of wheat: for to hold the juice of the herbs, that it go not out, and make a garland of linnen that may go about the head, and bind the plaister under it as hot as the sick may suffer it, do this three times, and hee shall bee whole.

Another.

CLoves comfort the stomack liver and heart, they help disgestion, and stop the bellie: they quicken the eie sight, & scower away thick clouds

and

For the Megrim, Poſthume, Dropſie Fevers, and all manner of akeings in the head.

OF the root called Pellitory of Spain, take a penny weight, ſixpenny weight of Spicardy, and grind them together, and ſeeth them in good Vinegar, and take a ſaucer full of Hony, and five of Muſtard, and when the liquor that is boyled, is cold, put thereto the Hony and the muſtard, and ſtir them well together, and let the ſick uſe thereof half a ſpoonful at once, and hold it ſtill in his mouth, the ſpace of two creeds ſaying. and then ſpet it out into a veſſel, and do ſo ten or twelv times; a good while after hee hath eaten at noon, and a little before evening, ten or twelv times, and when hee goe's to bed, take & waſh clean his mouth, and drink a draught, and go to bed, uſe the medicine three daies and hee ſhall bee whole.

For the head-ache.

SEeth Vervine and Bitrony, Sisses & Wormwood; wash the parties head with the water thrice in the week, and take the herbs, and make a plaister, and lay it upon the upper part of the head on this wise.

Take the herbs aforesaid when they are well sodden, and wring out the juice of them, and then stamp them in a morrar & temper them with the water wherewith they were sodden, & put thereto the bran of wheat: for to hold the juice of the herbs, that it go not out, and make a garland of linnen that may go about the head, and bind the plaister under it as hot as the sick may suffer it, do this three times, and hee shall bee whole.

Another.

CLoves comfort the stomack liver and heart, they help disgestion, and stop the bellie: they quicken the eie sight, & scower away thick clouds

and

and hawes of the eyes: they are good againſt all cold diſeaſes, and they are hot in the third degree. The oyl of Cloves is verie good for a cold ſtomack, and for anie other place that hath need of warming, as a rhumatick brain.

Another.

OF the Litrage of Lead take four ounces: of Vinegar, common oyl, a like quantity; Put the Litrage in a mortar, and put a little of the Vinegar, and a little of the oyl, and beat them together, & ſo put in by little & little all your oyl and vinegar: you muſt beat them two hours together; it muſt be as thick as your green ſalv.

Another.

CAmphorie, Harts-eaſ, Privite, Plantane, of each of them take a handful; bruiſ theſe in a Mortar, & put thereto Harts ſuet, fine ſallet-oyl, of each dim. li. mingle them well together, and let them ſtand four and twenty

twenty hours; then put them into a Pan or brass Pot, & put thereto wax and Rosin broken in small pieces of of each dim.lib.let these boil all together over a fire of coals, till the juice of the herbs be consumed,& the ointment green; then strain it thorow a canvass cloth into som pot that you will keep it in & when it begins to be cold, then put therto 4 ounces of Venice turpentine; stir all together untill it bee thorow cold, and keep it close covered.

Another.

THe Wine of Eye bright is made for the eies,by putting the herbs into the must till it be perfect wine, whose use make's the eies of old men look young: for it is hot and dry;and the powder of it beaten with the yolk of an Egg, worketh the same effect: the powder received in wine, if the wine bee too strong, put in Fennel-water or Sugar.

A Medi-

A Medicine against the stone in the back or bladder, or for the weakness of the back which is called the running of the Reins.

WAsh Venice Turpentine in Rose water, either red or damask, untill it look white, then divide it into small balls, as you may easily swallow, to the ful quantity of three Hasel nuts, or thereabout; then roul them in sugar, to make them the more easie to bee taken: then swallow them in the morning fasting, and fast four hours after them. Take these three or four several mornings together, and in your water you shall find much gravel.

To take away the pockholes, or any spot in the face.

WEt a fine cloth in white Rose water, and set it all night to freez, and then lay it upon your face till it bee dry: also take 3 Poppies, the reddest you can get, & quar-

quarter them, taking out the garbage: then ſtill thē in a quart of new milk of a red Cow, and with the water thereof waſh your face.

To make Snow.

YOu muſt take the whites of five or ſix Eggs, and a handful of fine Sugar, and as much Roſe-water, and put them in a pottle of Cream of the thickeſt you can get: beat them all together, as the ſnow riſeth take it off with a ſpoon: you muſt beat it with a ſtick cloven in four; Then muſt you take a loaf of bread, and cut away the cruſt, and ſet it upright in a platter; then ſet a fair Roſemary branch in the loaf and caſt your ſnow upon it with a ſpoon.

A Medicine for the Piles.

TAke the herb called Torchwort; it groweth high, bearing a yellow flower blowing out of the ſtalk, the leavs look hoar. Take the juice and boil it with freſh butter a little while and

and keep it close, & use it evening & morning, if a Cows udder be stung or bit with a snake or such like, take Lavender and wash it clean, and seeth it in Chamber-ly a good while, & wash it evening & morning warm: you may put a little fresh butter in it and milk out the milk when you do it.

A Medicine for a cold, or a Burn, or a Sore. Approved.

WAsh Watersuck-leavs, otherwise cilled Hogwort-leavs, Allyhouf, Daisie roots leavs & all, & a little Rosemary; stamp them, and boyl them in Cream till it is Butter; then strain them, and apply it warm to the burn: prick the watersuck leavs and lay them upon it, dressing it twice or thrice a day, if need be. To heal a sore put turpentine, rosin, & wax in it, dressig it with Lint.

For the Stich.

STitchWort, Bay-leavs, Holly without prickles, of each take a like

like quantity, the juice, grains beaten, drink it in Ale warm.

For the Swelling.

BOyl the grounds of good Ale, Glovers ſhreds, and white bread crums and Sage together; lay it to warm: it will ſwage the ſwelling and the ache. It hath been proved.

For the Tooth ache.

YOu muſt take organy that groweth cloſe on the ground, & taſteth like Aqua-vitæ, bruiſe it & lay it to the tooth, Burſa Paſtoris wil do the like.

For a Bite, or Fellon, or ſore Legg.

SEeth a pint of Ale to two ſpoonfuls, like a Sirup: Prick a piece of Leather with a pin: it will heal it with out breaking. If it bee broken, take lint to the hole with ſom ſalv: let it ly four and twenty hours, lay it to cold,

For

For the Scarthes of a horſ Leg.

BOyl Vinegar, Muſtard-ſeed, and Gunpowder together: waſh it hot three or four times. Proved.

For the Gowt.

BEat Mallowes and Sengreen: and boyl them in water: then ſtrain them, put Oatmeal groats ſoked in Vinegar, and ſheeps ſuet untried: then boyl it to a poultis. Proved.

For the Ague.

TAke a red Onion cut ſmall ſix and fifty grains of Pepper beaten ſmall; bind it to the wriſt half an hour before the fit. Proved.

For the Gowt.

SCald a fat Whelp of a Hound, like a Pig; garbage it in the ſide: then take red Nettles ſtamped with two ounces of Brimſtone, four ounces of Turpentine, four yolks of Eggs; ſtuff the bellie, and ſew it up: roaſt it with

with a ſoft fire; ſave the driping, annoint the place; it is good for the ſinewes & cramp, it will drive it away. For the like effect, oil, Nettles, white wine, boil thē, apply them hot

For the Sciatica.

BOyl the gall of a Bull, and a quart of wort to a pint; then put in a pint of Vinegar, Frankincenſe one ounce in powder, of Hony half a pound, of Commin half a pound in powder, boyl it thick: ſpread it on leather, lay it to hot two or three daies: lay a linnen cloth between the skin and the plaiſter; the plaiſter will ſerv many times. Proved.

For the Tooth-ache.

ALlom as big as a Walnut, Garlick an handful: twenty Beans, an handful of Bay ſalt, Pepper, beat it together; lay it to the wriſt twenty four hours, or more.

For

For to ſtop the bleeding of a wound.

THe wooll of an Inkhorn, San guis draconis, & Bollarmoniack, and the whites of Eggs laid on too.

For a conſumption either for old folks, young folks, or children.

LOngwort, Liverwort, Harts tongue, of each take a handful, red Mint, red Sage, Mother Time, of each a handful, Parſly and Fennel-roots, the piths out of each, half a handful, Liquorice an ounce, Anniſeeds an ounce, Sceny two ounces, Turbet an ounce, Capdates two ounces, Cinnamon an ounce, Nutmegs two ounces, white Sugar-candy four ounces, Rubarb an ounce, ſliced: ſtamp your ſpices; and your ſeeds, and beat your other Apothecary ſtuff, and ſhred your herbs fine: boyl it in three quarts of Renniſh-wine to a pottle; ſtrain it; drink four times a day a quarter of a pint at a draught warm: put in a penniworth of

of Aqua vitæ, & as much ſaffron beaten fine: after it is boiled, if the patient be laxative, leav out you Rubarb, Seeny & Turber, & boil it in wort, it is beſt in wort for children, for aged folks that be weak, boil in the ſtone of a Boar, or a Ram, or a Horſ, is beſt, one ſtone is enough for one time: you may take one to purge, and another not to purge: the ſecond receit is enough: purge firſt.

To make one make water.

BEat the ſtones and kernels of Peaches and Medlers fine, ſift them thorow aſearce, put in Sugar, drink it in white wine.

To make a Sear-cloth.

OF ſtone-Pitch take a pound, as much Roſin as a great walnut, & twice as much clean wax, a ſpoonful of freſh ſwines greaſ: boil all together till it be well mixt, then cool it in water: then oyl your hands with Hogs greaſ, and labour it in your hands an hour & more till it will cleav to your hands,

For

For the same, and the best for all manner of ache

TAke Rosin, Dim. Lib. of Perro-son a quarter of a pound, as much Gum mastick, a quarter of a pound of Deers suet, 2 ounces of Turpentine, one ounce of Cloves and Mace, of Saffron two ounces, the liquor must bee oil of Roses.

A soveraign Medicine for a great Ache.

OF Sparmacity take eight penni-worth, of oil two drams, of black Sope half a pound, of Butter with-out salt as much as a great Walnut, boil it on a Chaffindish of coals half an hour, stirring it well from the bottom, spread it on Leather, as broad and as long as your grief, lay it to four or five dayes.

To make a good Oyntment, or Salv for any sore.

OF good Sage take a handful, as much of Plantane, as much of Brown-

Brounwort, as much of hony-ſuckles, as much of Turſame, as much Valerion; Boyl all theſe in May Butter till it bee brown; then ſtrain it, and put in a quantie of Virgin wax; then boyl it again.

A good Receipt for all manner of ſores, old or new, named, the Gift of God, praiſe bee to Him.

Bittony, Vervin, Pimpernel, Bugle, Smallage, Plantane, Scabeas-water, Agrimony, of each take alike quantity; ſtamp them together, boil them together in a gallon of white-wine to the third part, then ſtrain them, and put to them a quantity of Sheeps ſuet, & half a pound of Wax, dim. lib. of Roſin, dim. lib. of Pitch, one lib. of Olibanum, & boil it again.

For Bags in the Fundament.

TAke the yolk of an Eg roaſted hard, the oil of Roſes & Marigold leavs.: beat it together, lay it to hot.

To kill a Tetter.

BOyl green broom in a quart of running water half away: bathe it with it.

For the Pestilence.

TAke the water of Bittony, Pimpernel, Tormentill, or Scabeas; mix it together, drink it nine dayes fasting, and fear no Pestilence.

For one that is taken within the Body, or any other place.

HEat Rose-cakes, Aqua vitæ, and Rose-water on a Chaffindish of coals; lay it to the stomack: they shall mend by Gods grace.

For the Ague or the cold.

TAke green Aldersticks; take the innerrinde a handful, beat them, drink it in Ale fasting, fast three hours waking after it, then eat a Caudle.

Another

Another for the Ague.

MIngle a ſpoonful of the juice of Orenges, & as much Aqua vitæ, with the yolk of a new laid Egg in the ſhell, ſup it up faſting once or twice.

K. Henry *the eight his perfume.*

OF compound water take ſix ſpoonfuls, as much of Roſe-water, a quarter af an ounce of fine Sugar, two grains of Musk, two grains of Amber-greece, two of Civet, boyl it ſoftly together: all the houſ will ſmell of Cloves.

For the Strangurion.

OF Hore-hound take one handful and a half, red wine half a pint, oil olive 5 ſpoonfuls: boil it together, put it in a linnen cloth to the ſmall of the back, as hot as may be.

To cleanſe a wound.

TAke Beer, Wheat, ſtone flower, & Hony: boil it thick, apply it to.

For the Gowt.

BOyl Worm wood, Wall-wort, Wheaten-bran, Cow-dung, and salt in Vinegar; plaister it to the grief.

For a bruis.

OF Sallet oil take half a pint, as much oil of Roses, as much Aqua-vitæ, and three or fourscore snails that bear shels, stamp them small, and boil them to oil.

To keep one Laxative.

PUt out the white of a new laid Egg, then put in new butter unsalted, heat it, then eat it.

Two remedies verie good againſt worms in little Children.

PUt flower of Wheat wel boulted as much as will lye upon three crowns of gold, into a glaſs, and pour into it well-water, ſo much as will ſteep the ſaid flower, and make it look as it were milk, and no thinner: then give the child to drink of it, and you ſhall ſee with his excrements the worms com forth dead, which is a verie good remedy.

The ſecond remedie againſt the worms.

FOr children that bee ſo little that the Medicine cannot be miniſtred at the mouth, you muſt take verie good Aquavitæ, wherewith you muſt waſh or wet the ſtomack or breſt of the child: then pour it upon the ſaid place with the powder of myrrh and lay the child down a little while with his breſt upward, and you ſhall ſee incontinently the worms, with the childs dung com forth dead.

To heal children of the Lunatick diseas. which hapneth unto them by reason of a worm with two heads, that breedeth in their Bodies, the which worm, comming to the heart, causeth such a passion in the Child, that oft times it kil's them.

DRy the tender stalks of a wilding tree in the shadow, then stamp them well, and sift them, and take of the said powder & roots of Gention, and long Pyome, of each of them a quarter of an ounce, and a quarter of an ounce of Myrrh, all these well beaten to powder you must put in a dish, or som other vessel, and moist them with a little water, then take of it with your two fingers, and wet the lips and mouth of the Child, do this three or four times, and you shall see the worm com forth dead with the excrements.

A Re-

A Remedy for the falling ſickneſs.

GAther Germander in May, when it is in the bloſſom, dry it in the ſhadow, and make it in powder, and when you will uſe it, take the yolk of an Egg or two, and ſtir and break it with a ſpoonful of the ſaid powder then ſeeth it, and give it to the Patient to eat: doe this morning and evening eight dayes, abſtaining from wine, carnal company of women, from all Pulſ, Beans, Peaſ, Fitches, Tares, and ſuch other, from Sallats, ſalt Fiſh, and from other things that are hard of concoction and digeſtion: A very good, a notable ſecret.

A Medicine to cure the biting of all venemous Beaſts.

AS ſoon as the party feeleth himſelf bitten with any venemous Beaſt, or as ſoon after as may be, take green leavs of a Fig tree, and preſs the milk of them three or four times into the wound. And for this ſerveth

alſo Muſtard ſeed mingled with Vinegar.

To draw an Arrow-head or other iron out of a wound.

WEt a tent in the juice of Valerian, and put it into the wound, laying the ſame herb upon it ſtamped: then make your binder as beſt fitteth; and by this means you ſhall draw forth the iron, and after heal the wound.

For a knock or fall cauſing a bunch upon the head.

OF Bay-ſalt take an ounce, raw Hony three ounces, Commin three ounces, Turpentine, 2 ounces, mingle all theſe well upon the fire, then ſpread it upon a linnen cloth, and make thereof a plaiſter. and lay it hot to his head, the which will aſſwage the ſwelling, and heal the hurt.

A ſecret remedy againſt the Pluriſie.

OPen a white loaf new baked, in the middle and ſpread it well with good Treacle on both parts, upon the crummie ſides, and heat it at the fire, then lay one part upon the place of the diſeaſ, and the other part on the other ſide of his bodie directly, and ſo bind them that they ſtir not, leaving them ſo a day & a night, or untill the Impoſtume break, and then take away the bread, and immediately the patient will ſpet forth the putrefaction of the Impoſtume, and when hee hath ſlept a little let him eat, and by God's help he ſhall ſhortly bee well.

A verie good remedie for a wound with a ſword, ſtaff, or ſtone, or ſuch like.

STamp Taxus Barbarus, and take the juice of it, and if the wound bleed, wipe it and make it clean, waſhing it with white wine or water, then put the juice upon the wound,

and the Herbs upon it, out of the which you took the juice; then bind up the wound, and in one day you shall see a wonderful effect.

Against the disease or grief of the flank and the Collick passion, experimented and proved divers times.

OF the juice of Barberies take half a glass, or less, when they bee very ripe & red, and put into it as much red Corral as will lye upon two groats, well broken into powder, and give the Patient to drink thereof.

Another perfect Remedy for the same disease, and to make a man piss within half an hour, that hath not made water in three or four dayes, and will breake the Stone in ten or twelv daies.

PUt a spoonful of fine powder of Virga Aurea into a new laid Egg soft roasted, and give the Patient thereof in the morning to his breakfast, and let him not eat in four hours

after,

after, and then he ſhall make water in leſs than half an hour, and let him uſe this for the ſpace of ten or twelv dayes, as aforeſaid, the Patient ſhall void the ſtone without anie pain or grief.

A Remedy for the ſpetting of blood occaſioned by the breach of ſom vein in the breaſt.

TAke Mice dung beaten in powder, as much as will ly upon a groat, & put it into half a glaſs full of uice of Plantane, with a little Sugar, and ſo give the Patient to drink thereof the morning and evening, continuing the ſame hee ſhall bee ſound.

Againſt the grief of the Lungs, and ſpetting of blood, a Remedy experimented and tried.

YOu muſt take an herb called Furfara, or Tuſſilago at the Apothecaries, Ungula Caballina, in Engliſh called Colts-foot, in French, *Pet de lion*: incorporate it well with the

the lard of a Hog choppd, and a new laid Eg, boil all togeather in a pan, & give the patient to eat it nine mornings. This is alſo good to make one fat.

Againſt a ſtinking breath.

TAke Roſe-mary leavs with the bloſſoms, if you can get them, and ſeeth them in white wine with a little myrrh and Cinnamon, and you ſhall finde a marvellous effect if you uſe it often in your mouth.

Againſt the biting of a mad dog, and the rage of madneſs that followeth the party bitten.

OF the bloſſoms, or flowers of wild thiſtles, dried in the ſhade, and beaten into powder, take half a nut ſhell full; put into white wine, & drink it, and in thrice takeing it you ſhall be whole. A thing tried and experimented.

A medicine

A medicine for watry eies.

YOu muſt take a red cole leaf & annoint the leaf with the white of an Eg, when you go to bed lay the ſame to your eies

A medicine for ſore eies.

STrain a little ground Ivy and womans milk together, and let it bee ſomwhat green of the Ivie, and then drop a drop or two into the eies.

Another for the ſame.

MIngle Fennel water ſtilled, and hive Hony together, and put a drop or two into the eie. Theſe are approved.

To make water for the eies to kill the heat of anie ſore.

BOyl red Sage in ſmiths water, til the third part bee conſumed: then ſtrain out the Sage verie hard, and put into it a quantity of the liquor, a penniworth of Allom, and as much

much of white Coperas, after you have taken it from the fire; and anoint your eyes therewith.

Another for the same.

BOyl the leavs of Brambles, of Plantane and Hony-suckles, in running water from a quart to a pint, and use it to the sore.

A Medicine for the pin and web in the eie.

TAke the white of an Egg beeing hot, take out the yolk clean, and put thereto a good quantity of sugar candy, then strain it hard thorow a cloth, and therewith make a water, and every day two or three times drop it into the eies.

A medicine to clear the sight.

TAke Red rose-water, clean myrrh as much as a nut, break it into powder, and bind it in a linnen cloth, and let it ly in the water twelv hours: and take of this water, and put

put it in your eies, and it will clear your sight.

For a Pearl in the eye.

USe red Fennel, and the leavs & roots of white Daysies; without any liquor, and put together 3 spoonfuls of either of them, then take one good spoonful of clarified Hony, and 2 or 3 spoonfuls of womans milk, and drop this into your eye three or four times a day: and if there be any sight in the eye, this will cure it.

For the eies that are blasted.

MAke a toast of brown bread and lay it in red wine that is not mingled, and let it lye until it be soked half an hour; then put it into a fine cloth in two pieces, for each eie one: the fine cloth must be between the eie and the toast. Dress it when you go to bed at night.

To purge the head and eye-sight.

PUt the juice of Hey hoo into your noſtrils, and the fleam and running water will follow.

For the eies that bee red and ſore.

FEnnel, Vervine Roſes, Salendine and Rue, of each take two ounces, and diſtil all together: and when need is, then put a drop or two into the ſore Eye: for it is good for all manner of diſeaſes in the Eye.

Againſt the pain of the Eies.

ROaſt an Egg hard, lay to the yolk of it with Roſe oyl and Saffron: put in the juice of Baſil.

For to ſee well.

EYe-bright and red Fennel, of each take half a handful, of Rue one quarter of a handful. Cauſ theſe to bee diſtilled, and waſh your Eyes dayly with the water.

For

For the akeing of the Legg.

TAke a piece of sowr Leaven, and and as much Barm, and as much black Sope : temper them all together, and so spread it upon a linnen cloth, and put it to your legg where the heat is, and change it twice a day, and by God's help it will heal you in three or four dressings.

A Dyet drink for a consumption.

MEasure a gallon of running water by Ale measure, and put thereto an ounce of Cinnamon, an ounce of Cloves, an ounce of Mace, a dram and a half of Acter-roots, and boil it till it com to 3 quarts Let this be your only drink till you do mend.

A Medicine for the Head ache.

SEeth a handful of Rosemary, two handfuls of Bittony, and a spoonful of Hony altogether in Malmsie, and wash your head therewith.

Another.

Another for the Head-ache.

GRate five Nutmegs, and ſeeth them in Malmſie till they bee thick: make a Plaiſter thereof, and lay it to your temples.

For wind and ſhootings, in your head.

BRay Egremony and Cinnamon, put them in Ale, lay it to the temples of the head: and if the pain remove, lay it where the pain removeth.

Another for the head ache.

CHop a handful of Cammomile, a handful of penniroyal, a handful of Sage, & a handful of wheat bran altogether ſmall; boyl them in a pint of ſharp Vinegar, till they bee thick, and thereof make a Plaiſter, and lay it to the temples of the head as hot as you may ſuffer it, and it ſhall (by Gods help) do you good.

Another

Another for the ſame.

LAy a piece of raw Beef on the nape of your neck, and ſhift it every night when you go to Bed, uſe this as often as you ſee good. Proved.

Another for the ſame

OF Oyl of Roſes take an ounces two ounces of white wine Vinegar, four ounces of Plantane-water, mix theſe together, and wet a linnen cloth in it, and lay to the temples.

A Medicine for the Megrim in the head.

STamp Houſleek & Garden worms together, the greater part being Houſleek; and put thereto fine flower, & make a Plaiſter on a fine cloth, and lay it to the forehead and temples.

Another for the ſame.

TAke Muſtard-ſeed, and temper it with Vinegar: and make an Oyntment

ment thereof, & lay it to the temples in a Plaister, & another in the nape of the neck behind, where it is not sore, & it will avoid, and shortly be whole.

A Medicine to keep up the Pallat of on's mouth

LAy a piece of wheaten Leaven, & Commin seed beaten in a mortar, a quantity of Bay-salt, and red Rose Vinegar' and red Rose water, put in a bag of cloth, to the mold of the head.

To dry up the Rhume in the head.

TAke a quantity of dryed Rose-leavs, the flower of Cammomile, Basil, Marjoram, all dried, a quantity of Cloves and Mace, gross bruised, a Nutmeg & a quantity of Dill-seed, all quilt in a Cap.

A Poultis to cool any place, either face or anie where els that is red and full of Pimples.

BEat Housleek, Mallowes Purslane, water Roses, called Numma, take

take the juice of them, and put a little oil of Roſes to them, and waſh the place with it, or ſtamp the herbs till they bee thick like pap, then ſeeth it with a little Roſe Oyl and wax, and then you may lay it on as a plaiſter.

Againſt red pimples of the face.

OF Camphire take an ounce, as much brimſtone, beaten myrrh, Frankincenſ. of each four drams, of Roſe water a pound, put all theſe in a glaſs, and ſet it in the Sun ten daies, and then lay it on the places.

Another.

TAke the diſtilled water of Aſh-tree, Tamaredis oft eaten, wine of ſtrawberries laid upon the face.

Another.

MIx the diſtilled water of Mullin, and a little Camphire together and lay it to the face.

A medicine

A medicine for them that are deaf, ſo that they have heard before.

MIngle the juice of Bittony, and womans milk that hath a man child together, and dip a piece of black wool in it, and put a piece of it into your ear, for the ſpace of ten or eleven daies or more: if it happen that it will not take away the deafneſs, then take the milk of a Cow, and ſeeth it with Oatmeal and juice of Bittony, & lay it plaiſterwiſe over the ears, night & day for a long time.

To make an ointment for a red face.

OF Camphire take half an ounce, two drams of Sulphur-vivum, & an ounce of Deers ſuet, melt the ſuet and the Camphire together, then put in the Brimſtone fine ground in a mortar, when the other is almoſt cold, & ſet them no more over the fire after the Brimſtone is put in. Theſe being laid on all night, will take away the heat and the pimples.

Anothe,

Another for the ſame.

PUt as much Mercury ſublimate as a Bean, and twice as much Allom, into a quart of fair water; and boyl them together with two or 3 corns of Bay-ſalt, & bathe your face therewith often in a day with the ſame cold, and open the pimples with your fingers, before you waſh.

For a ſore mouth.

OF white wine take a quart, a quart of water, a pint of wine vinegar, a good quantity of red Sage, two penniworth of Mercury, half an ounce of Roch-Allom, a quantity of Roſemary, a greater quantity of Woodbine-leavs, and three ſpoonfuls of Hony: ſeeth them together, & waſh your mouth therewith.

A water for a Canker and a ſore mouth.

TAke Roſemary crops, ſtage, Singfield, Woodbine-leavs, Allom, live Hony, or pure Hony, boyled

boyled in Spring water, half a handful of each of the aforesaid herbs boyled in three pints of water, till they have boiled a third part away, and keep it in a glass stopped, and wash your mouth with it.

For a Canker or soreness in the mouth.

OF fine Coperas beaten to powder take two ounces half a pint of fair water, and let the same Coperas bee distilled, or steeped two daies & two nights: then strain the same softly thorow a linnen cloth, then take a sponful thereof and wash your mouth & throat with it softly, blood-warm, but drink none of it. This Medicine will not continue good above fourteen dayes, therefore you must make it fresh as occasion serv's, you must take it morning and evening.

A Medicine for the Mother that riseth in a womans side.

TAke Aqua-Composita, and beat Bay-berries in powder, and put it

it into thy Aqua compoſita, and put a ſpoonful or 2 in a draught of Beer or Ale and ſo drink it.

A medicine for the pricking of a needle or thorn in the joynt.

YOu muſt take fair bolted flower or Wheat, and temper it with white or red wine, a little oil olive, and a few Roſe-leavs: ſeeth them together till they bee Plaiſter thick, & lay it too as hot as you can ſuffer it. It will draw forth the needle, and eaſe the ache.

A medicine for Canker that eateth mans fleſh.

MIngle wheat bran of the ſmalleſt powder, the juice of Smallage, the juice of wood-bine, burnt Allom beat into powder, and a little Hony all together, and make a Plaiſter of it, and lay it to the Sore, and it ſhall deſtroy the Canker.

For a bruise.

MIx Commin seed well beaten, and Virgin Wax together, and lay it to the sore Plaisterwise.

For a white Scall.

BEat Sallet oil with the whites of Eggs till they bee thorowly wrought together: Cut away the Hair, and so annoint the head, and lay a bladder upon it.

A Medicine against all Stitches.

BOyl Linseed in new Milk, make a plaister thereof, and lay it to the grieved place.

A Medicine for a sore Brest

CHop Groundsil small, and take the grounds of small Beer, wheaten Bran, and Sheeps suet beaten in a Mortar, boil them all together, and lay it Plaisterwise to your brest.

A me-

A medicine for Swelled Breasts.

SEeth white wine, Wheat Bran new bolted, and Rose leavs old and new, till they bee thick, then lay it to the Breſt as hot as ſhee may ſuffer it, from even to morning, and ſhift it again.

To break the ſteam of the Breſt

HOny, and Butter without ſalt, of each take a quantitie, fair bitter Almonds, blanch them, and beat them fine, and eat a little every day.

A verie good Medicine for anie Ache, or Sore Breſt. Often proved.

FRankincenſ, fine wrought Wax, Boars greaſ, and Roſin, of each of them take a like quantity, and ſeeth them together to a cake, ſpread it on a cloth as broad as the Sore or pain is, and lay it to four and twenty hours, or twelv at the leaſt.

An approved medicine for a sore breſt.

SEeth a handful of Mallowes very ſoft in fair water, and then let the water run away from the Mallowes: then chop or ſhred them; then put them in a diſh with Boars greaſ, and heat them very hot, and lay on a plaiſter of linnen cloth to your Breſt as hot as you can ſuffer it, three or 4 times a day heating it. This hath been approved verie good.

A Remedie for the pain of the Breſt.

STamp Hyſop, Parſly, and Sage together, and lay them to the breſt; and it will bee whole.

Another for the ſtopping of the Breſt.

SEeth Rue with Alligant, & drink it three or four times.

A medicine for the bloodie Flix.

FIrſt take as much fine linnen cloth as will make a Suppoſitory, being

being wrapped together buttonwise: then wet the same in the best Aquavitæ, or Aqua composita; and let the party grieved convey the same into his fundament, & it will help him by the grace of God, within 3 or 4 dressings. This is approved, and hath holpen many that have been brought low, and thought past cure.

Doctor Smith's *medicine for the Collick and stone.*

First take posset ale made of Reniſh wine, boyl Cammomile, running Time, Parsly, Pellitory of the wall, with a good spoonful of Commin-seeds, till the third part and more bee consumed: then strain them with Sugar sufficient: drink a good draught warm, and use it as occasion serv's.

A medicine for the Chin-cough for a child.

First take Boars greas, and warm the soles of the feet to the fire: then chafe them with that, and go to

bed, and keep it warm, and lap cloths to it.

To ſtay a Lask.

PArch half a quarter of a pound of Almonds upon two new tiles; beat them in a mortar, and take a quart of fair water, and ſet on the fire, and put in half a handful of knot graſs, and half a handful of Plantane leavs, and let them ſeeth a good while: then take, the water, & ſtrain the aforeſaid Almonds therewith, and make an Almond milk thereof, and put in a piece of ſugar, then take Date ſtones, and beat them to powder as ſmall as may bee, and put ſom of that powder into the almond milk: ſo drink it luke warm.

An excellent medicine for a child that cannot part with his water or Urine.

KIll three or four hive Bees, then dry them upon a hot ſlate, beeing thorow dry, bruiſ them to ſmall powder, then put the powder into

into a quart of ſmall Ale, and give the ſick to drink, and hee ſhall have preſent Remedy.

A medicine for the pain of ſwelling in the ſtomack.

APply a good quantity of Roſemary flowers boyled in white wine, as hot as may bee ſuffered, to the ſtomack.

An approved medicine for the Spleen.

OF Claret wine take a quart, a pint of oil of olive, two good handfuls of Cammomile being ſhred ſmall, boil the wine and cammomile together from a quart to a pint, and annoint the hardneſs of the ſpleen morning and evening therewith, and it will diſſolv.

A medicine for a Fellon or Andcom.

STamp ruſty Bacon, and Colewort leavs, together, then take a piece of dogs leather prick't full of holes, and ſpread upon it the leather, laying

laying it to the sore twice a day; and when it begins to heal, but once a day

A medicine for the Itch of the bodie.

TAke sweet Butter, unwrought Wax, Vinegar, Brimstone, a little Rose water, red Cloves whole: boil them together till they be like a Salv: then annoynt the flesh three sundry nights by the fire therewith, and no more.

A medicine for the Canker in the bodie.

BEat Bollarmonack, Roch-Allom, and Hony, to powder: take twice so much of the Allom as of the Bolarmonack, and stir them together till they com to a salv, and so annoint the sore.

A medicine for the heat or ache in the Bodie or leg,, or els where.

TAke red Dock-roots, and take out the over pith, and seeth them in running water, then draw the water from thē, & beat it with thick cream, and

and ſo annoint the place that is grieved; or with a cloth dipt in the ſame and laid over the place.

A medicine good to cleanſe the Bodie.

LAy Balm in white wine till it bee well ſteeped, and then diſtill it. The water thereof is good for any diſeaſe, that is in the bodie; But you muſt diſtill the wine and all together, drinking a ſpoonful or two in the morning. Proved.

A medicine for a Fiſtula.

DRy Vervine upon a Tile, and make powder thereof, and make clean the ſore with a linnen cloth, & fill the hole full of the powder.

A Remedy for one that Vomiteth.

DRink Coriander ſeeds fine beaten in powder with mint water.

To make a Sear-cloth for all manner of Aches.

OF unwrought wax take a pound, half a pound of Rosin, two ounces of Frankincense, a pound and a half of sheep's suet, and boil them all together, and strain them in a fair bason; then put them on a Chaffindish of coals, and dip a linnen cloth therein and lay it to the Sore.

A Medicine for the Ring-worm or Tetter.

SLit Red Dock roots, and lay them in Vinegar, and so wash the Ringworm or Tetter.

A medicine for the Stitch

BAke a cake of wheat-flower, and cut it in the midst, then strike the doughie sides all over with Tarr, and lay it to the Patient as hot as may bee, you must lay one half of the cake to the one side of the Patient, and the other half to the other side:

A Poultis for all manner of swelling.

SEeth a lap full of wild Mallowes in running water till they bee tender, and then swing them and chop them small, then take a penniworth of sweet butter, and the crums of white bread, and put the Mallowes and all into a quart of milk and seeth it till it bee thick, stirring it well, then lay it to the grief as warm as can bee suffered.

A medicine for the Cough.

PUt Mustard-seed into figs, & seeth it in Ale, and drink it.

A medicine for the Mother.

BEat Rosin verie fine, put it into white Wine and Sallet Oyl, and drink it, and it will do you good.

A Medicine for the bloody Flix.

BEat the pills of Pomgranats, and drink them with red-wine, morning and evening blood warm-

then

then heat a brick red hot, and lay it under a cloſe ſtool, and caſt Roſemary and Malmſie on it, and let the Patient ſit over it.

A very good medicine for the piles.

ROaſt the hard roe of a red Herring hard, then take the ſeeds of Nettles, and beat them together ſmall, then beat them with Barrowes greaſe, and boyl them together, and annoint the Piles therewith; thē take a chaffindiſh of coals, and ſet it under a cloſe ſtool, and caſt a little Frankincenſ thereon, and let the Patient ſit over it when he is annointed with the aforeſaid ointment.

A medicine for a Burn:

OF oil of roſes and womans milk, take and put into the open place and it will heal it.

Another for the ſame.

VVAſh a linnen cloth clean, and burn it, and make a pow

der

powder thereof, and take the oyl of eggs, and annoint the sore: then strew the powder thereon.

A medicine for the Dropsie.

USe in your meat Annifeeds, Coriander-seeds, and Spikenard of Spain; and drink it eight dayes together, and it will do you good.

A medicine to dry a Sore.

TAke a pot of Smiths water, a quartern of Roch Allom, half a pint of oil of olives, and put thereto an handful of Sage, and boil them together till they bee half consumed, then use it to the sore, and it will dry it.

A medicine for an ache that com's against rain.

CUt the horns of a Stag, in small pieces, and boil them in water, till it bee consumed, from a gallon to a quart: then pour the water from the bones, and it will gelly when it is cold,

cold,,and therewith anoint the grieved place againſt the fire evening and morning.

A medicine for a burn or Scald.

SEeth Mallowes and Smallage in water, when they bee tender take them forth, and wring out the water clean, chop them ſmall, & ſet them on a chaffindiſh of coals, and put to it a little Sheeps ſuet, & make of it a ſalv, and ſo lay it to the ſore place thick, and lay a cloth upon it, and ty it on.

A ſalv for an old Sore.

FIrſt take the innerrinde of an oke that is not verie old, and burn it to a coal; then quench it, and make thereof a powder, and temper it with the yolk an of Egg, and make thereof a ſalv.

To make a drink for a burning Ague.

OF running water take a quart, half a pint of Vinegar, half a quarter of a pint of Roſe water, a quarter

quarter of a pound of Sugar, and one ſtick of Cinnamon, boil them all together, let it cool, and give it the ſick to drink.

A medicine for the heat of the liver.

DRink wort of the firſt tap, every morning next your heart for a moneth together, & it well help you.

A medicine to make a young child go to ſtool.

CHafe the navil well with May butter againſt the fire: then take ſom black wooll that grow's between a black ſheeps legs, dip it in May butter, and dry it, then lay it to the navil. It is good for an old man alſo that can take no inward medicine.

An approved

An approved medicine for the navill, when it com's out with crying.

TAke wax which is used no other way but to take the Hony from it, and when you have an occasion, melt som of the wax in a Sawcer, & dip black wool in it; lay it to the Navil and it will help it.

A Medicine for the Swelling of a Childs Cods.

BRay red Rose-leavs, and boyl them in red wine an hour, then wet a cloth in in it, and lay it to the Childs Navil as hot as you can suffar it.

A Medicine to stanch the Flix.

OF the juice of Milfoil take a Sawcer full as much of the juice of Plantane, and wheat flower: temper the flower with the juice of the Herbs;

Herbs, and ſo make a Cake of it, and brake it and eat it hot.

For to ſtanch blood at the Noſe, or at a Vein that is cut. Proved.

LAy feathers burned to powder upon the Vein that is cut, and alſo take a wet cloth, & lay it round about the members, and wet the cloth three times, and lay it to cold every time, and it ſhall ſtanch whereſoever it bee. Proved.

For to help a drunken man or woman for ever.

GIve him a Purgation, after that give him a Swallow, to drink in powder for the ſpace of twelv daies, and for a Moneths ſpace give him, every day four Almonds to eat, with four leavs of Wood bine beaten. You muſt eat them in the morning next your heart. Proved.

For

For Scabs.

PIck Snails, and take the water that come's out of them, and annoint the Scabs therewith; take Vine leavs, and bind them to the Scabs, and do it everie morning and evening, and you shall be whole proved.

To dry Scabs.

PUt Gum-arabeck into Rose water till it be consumed, and wash them therewith. Proved.

For the Palsie or the shakeing in the hands.

VVAsh thy hands with Sell and Eysil sodden together and eat Sage with Mustard fasting.

To re-

To restore a Man to Nature that is in a Consumption.

TAke the eldest Cock you can get, scald him, draw him, and cut him all in pieces in a glass pot, and stop him as fast as you can; and put among these pieces, Cloves, Mace, small Raisons, and salt, then put this glass into a great Pot, and let all these seeth together till they bee a gelly: then strain it into a clean vessel, and give it to the sick first and last blood warm.

To restore the Brain.

USe powder of Bittony in your Portage, it will restore the brain, and destroy the stone.

For a perilous Cough.

TAke Sage, Rue & Commin stamp them with Pepper, & seeth them with Hony, and thereof make an Electuary,

ſtuary, and uſe thereof a ſpoonful evening and morning; and by the help of God, it ſhall do you good.

For them that cannot ſee and have red eies

RUb white Vinegar, upon a whetſtone in a fair Baſon, take as much ſalt as powder, and grind them well together in a Baſon, and temper them with wine; and let it ſtand a day and a night, and put it in a vial of glaſs, you muſt take the thinneſt that ſtandeth above in the baſon, and put it in your glaſs; and when the patient goeth to bed, take a feather and wet therein, and annoint his eyes.

To annoint the face and make it white.

STamp freſh Bacon greaſe, and the whites of Eggs together, and a little powder of Bayes, and annoint your

your face therewith, and it will make it white.

For a fair face another way. Proved.

VVAsh your face with Plantane and white Vinegar ſtilled together, fifteen daies, morning and evening, after this, drink a draught of vinegar in the morning once in three daies:

To make the face white and fair.

VVAsh thy face with Roſe mary, boiled in white-wine, and thou ſhalt bee fair: then take Erigan, and ſtamp it, and take the juice thereof, and put it all together, and waſh thy face therewith. Proved.

To help a face with red pimples.

PLuck off the husks of Bay berries, and make fine powder thereof

of and temper it with Hony, annoint your face therewith six times, and it will help you.

To draw broken bones out of the head.

TAke Bittony Vervine, and Rue stamp them all together very small, and put thereto Rie-meal or wheat, and the white of an Egg, and make a plaister, and lay it to the head.

To quench ones thirst.

WAsh the roots of Lovage, clean, stamp, it and temper it with water, drink a good draught of it five nights together, and drink not in two hours after it.

For one that speak's in his sleep.

LEt the diseased drink Southernwood, tempered with wine; in the morning, and when hee goe's to bed.

For a

For a woman that hath too much of the flowers.

Burn the foot of a Hare, to powder, and drink thereof with red wine and Cinnamon first and last nine daies, and it will help her.

FINIS.